



Healthy Families

Helping Families Eat Better for Less

Great Grains!



Choose your grains wisely.

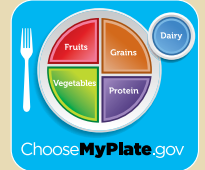
Whole grains reduce the risk of heart disease, cancer and diabetes. They have more fiber than refined grains which helps prevent constipation and helps with weight management. Give yourself and those you love the goodness of whole grains.

How many grain foods do you need each day?	
Ages 2-13	Ages 14 or older
3 to 6 ounces	5 to 8 ounces

At least half of the grains eaten by all age groups should be whole grains.

Examples of common portions of grain foods include:

- 2 ounces of cooked pasta or rice looks like a baseball
- 1 cup cereal flakes (1 ounce) looks like the size of a fist
- 2 regular slices of bread is 2 ounces
- 1 small (6") tortilla is 1 ounce
- 1 large (12") tortilla is 2 ounces



MyPlate is a guide to healthy food choices for breakfast, lunch, dinner, and snacks.

Here are some **MyPlate** meals:



½ cup beans, 1 (6") tortilla, 2 tablespoons salsa, ½ cup juice, 1 cup milk



2 tablespoons peanut butter, 1 slice whole grain toast, ½ cup fruit, 1 cup milk or yogurt



1 cup rice pudding, ½ cup nuts, ½ cup fruit, 1 cup milk

What is a grain?

Whole grains include the whole grain kernel. **Refined grains** have been processed to remove part of the whole grain kernel which includes some of the fiber and nutrients. Some foods are made from both whole grains and refined grains. When choosing a whole grain food, look for the word "whole" on the front of the package or in the list of ingredients.

Ways to \$ave

- Day old bread costs less but is still nutritious.
- Instant rice and instant oatmeal usually cost more.
- Buy store brand whole wheat crackers and cereals instead of name brand products.
- Add grains to dishes like meatloaf to stretch your food dollars.



Kids' Corner: Creamy Brown Rice Pudding

Preparation time: 5 minutes; Cook time: 8-10 minutes

Makes 6 (1 cup) servings

Ingredients

- 3 cups cooked brown rice
- 1 can (12 ounces) evaporated milk
- 2 large eggs
- ½ cup 100% apple juice
- ⅓ cup raisins
- ¼ cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon imitation vanilla flavoring



Directions

1. Wash hands with warm water and soap.
2. Combine rice, evaporated milk, eggs, apple juice, raisins, sugar, cinnamon, and vanilla in saucepan.
3. Cook over medium-low heat stirring frequently for 8 to 10 minutes until thickened. Serve warm.
4. Refrigerate leftovers for up to 4 days.

Note: Make a MyPlate meal by adding 1/2 cup fruit and 1 cup milk.

Spicy Barley Chicken Soup

Preparation time: 15 minutes; Cook time: 45 minutes

Makes 12 (1 cup) servings

Ingredients

- 1 tablespoon vegetable oil
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (15 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (16 ounce) jar salsa (mild, medium or hot)
- 4 cups chicken broth
- 1 cup uncooked pearled barley
- 2 teaspoons Italian seasoning
- 1 ½ tablespoons chili powder
- 1 ½ cups cubed cooked chicken

Directions

1. Wash hands with warm water and soap.
2. Over medium heat in large saucepan, cook onion and garlic in vegetable oil until softened.
3. Add remaining ingredients. Cover and cook 25 minutes.
4. Serve warm.
5. Refrigerate leftovers up to 4 days.

Note: Make Spicy Barley Chicken Soup a MyPlate meal by adding green salad and 1 cup milk.

Be Active

Be active five or more days of the week. If it's cold outside, get creative and try some of these fun indoor activities.

- Use scrap paper or newspaper to play paper wad war. The loser gets to clean up!
- Make and fly paper airplanes. See who can fly theirs the farthest.
- Dance together with each person holding on to at least one other person's hand. Take turns choosing the music.

If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

Sources: MyPlate: www.choosemyplate.gov, Eating Smart, Being Active: "Make Half Your Grains Whole," Lesson 4, Food Safety: <http://www.foodsafety.gov/keep/charts/storagetimes.html>

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SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact (888) 818-0063.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers at (800) 536-5298.

