

MINUTE NUTRITION NEWS

November 2012

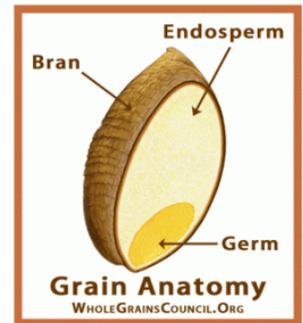
Whole Grain, Whole Wheat and Multigrain: What's the Difference?

What are whole grains?

Grains are seeds that come from plants. A whole grain contains all three parts of the seed:

1. The bran (outer layer) – contains fibre, B vitamins, minerals and some protein
2. The endosperm - contains carbohydrate, protein and some vitamins and minerals
3. The germ – contains B vitamins, vitamin E and minerals

Whole grains are a healthy choice because they contain all three parts of the kernel, meaning they are high in fibre, vitamins and minerals. Refined grain products, like white flour, have less nutrients because the germ and the bran are removed.



So my 100% whole wheat bread is considered a whole grain, right?

Not necessarily. When flour is made in Canada, the three parts of the grain are separated and recombined to make different types of flour (i.e. whole wheat, whole grain, white flour). Under the Food and Drug Regulations, up to 5% of the wheat grain can be removed and be considered whole wheat. This 5% includes most of the germ and part of the bran. Although the flour in your 100% whole wheat bread may not contain the entire grain, whole wheat bread is still a healthy choice that provides more fibre compared to white bread.

What is multigrain?

Multigrain means that the food was made with more than one type of grain. However, these may or may not be whole grains. Read the ingredient list and choose products with whole grains for maximum nutrition. The first few ingredients should say “whole grain.” Here is a sample ingredient list of a 12-grain bread:

INGREDIENTS: WHOLE GRAIN WHOLE WHEAT FLOUR INCLUDING THE GERM, WATER, WHOLE GRAIN MIX (WHOLE GRAIN FLAXSEEDS, WHOLE GRAIN GROUND FLAXSEEDS, WHOLE GRAIN BUCKWHEAT, WHOLE GRAIN RYE, WHOLE GRAIN CORN, WHOLE GRAIN MILLET, WHOLE GRAIN RICE, WHOLE GRAIN SESAME SEEDS, WHOLE GRAIN OATS, WHOLE GRAIN BARLEY, WHOLE GRAIN TRITICALE, WHOLE GRAIN SUNFLOWER SEEDS)...

What's does all of this mean?

Choose whole grains and whole wheat more often than other refined grains because they are higher in fibre, vitamins and minerals. Read the ingredient list on your food to find whole grain products. See the back for a delicious quinoa recipe.

Choose more:	Choose less:
Whole grain and rye bread, Whole wheat pasta, Brown and wild rice, Whole wheat flour, Whole grain cereals, Oatmeal with whole oats, Barley, Buckwheat, Quinoa, Bulgur	White bread, White pasta, White rice, White flour Cream of wheat cereal

RECIPE OF THE MONTH

November 2012

A Quick and Easy Meal in 15 Minutes: Fibre-Packed Quinoa Salad



Servings 4 to 6

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

1 cup	Quinoa, uncooked
1.5 cup	Corn , defrosted frozen or canned (rinsed)
1 large	Tomato, diced
½	Cucumber, diced
1.5 cups	Black beans , canned, rinsed
6 tbsp	Olive oil
¼ cup	Fresh lemon juice (approx. 1 lemon)
1 tsp	Honey
2 tsp	Mrs. Dash
¼ cup	Cilantro, chopped
Dash	Lemon zest (Optional)
Dash	Salt (Optional)

Nutrition Facts

Per serving (Assuming recipe serves 5)

Amount	% Daily Value
Calories 396	
Fat 19.1g	29%
Saturated 2.6g + Trans 0g	13%
Cholesterol 0mg	0%
sodium 190.8mg	8%
Potassium 655.7mg	19%
Carbohydrate 48.3g	16%
Fibre 8.9g	36%
Sugar 3.9g	
Protein 11.2g	
Vitamin A	2%
Vitamin C	26%
Calcium	5%
Iron	2%

Directions:

1. Put quinoa and 2 cups water in a pot. Bring to a boil. Reduce to a simmer, cover, and cook until all the water is absorbed (about 15 mins).
2. While quinoa is cooking, mix olive oil, fresh lemon juice, honey, lemon zest, Mrs. Dash, cilantro and salt to make a vinaigrette.
3. Combine quinoa, remaining ingredients and vinaigrette. Garnish with grated lemon zest.
4. Refrigerate for 1 hour before serving or serve at room temperature.