

Nutrition trivia

Dining Services recently asked students a question about the basics of healthy eating. Here's what they had to say!

Q: Can you name a food source of fiber?

A: "No..." *Maria Ramos Alcala*



A: "Licorice?" *Daniel Lowrie* (left)
"Beans?" *Justin Sakalis* (right)



A: "Bran or broccoli?" *Erin Kellogg*



A: "Broccoli or spinach?"
Chandra Johnson



Correct Answer: Beans, bran, broccoli, and spinach are all correct answers. All kinds of beans as well as whole grain foods, vegetables, and fruits provide fiber.

The whole truth about whole grains

The latest nutrition research recommends that Americans eat at least 6 servings of grains every day, and that half of our grains should be whole.

The term whole grain means that the entire grain kernel is left intact during processing (see diagram). Whole grains are rich sources of fiber, B vitamins, minerals, and phytonutrients. Refined grains are missing part of the kernel, and consequently are missing some of the nutrients and health benefits of whole grains such as:

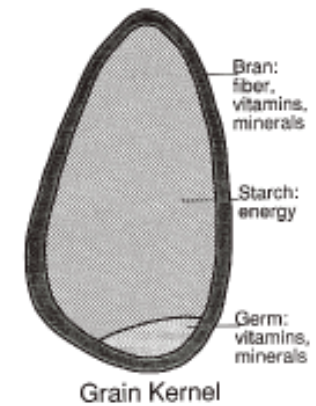
- Decreased risk of heart disease
- Lower cholesterol levels
- Protection against many types of cancer
- Assistance with weight management

FAST FACT

Phytonutrient

Definition: Small but powerful disease fighters found naturally in plants and plant-based foods.

Whole grains are rich in the phytonutrients lignan, phytic acid, and beta-sitosterol.



Test your whole grain knowledge

If whole grains are so healthy, why are only 20% of Americans eating more than 1 serving a day? Finding whole grains can be tricky. Listed below are common descriptions of breads, crackers, and cereals. Which ones describe whole grain?

- Cracked wheat
- Multi-grain
- 9-grain
- Wheat
- Wheatberry
- Stone-ground
- Oat bran
- Pumpnickel
- Made with whole grain

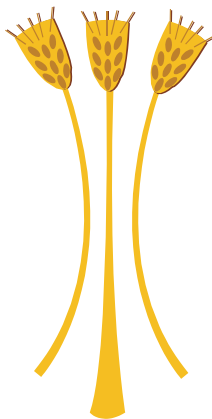


Answers are on the next page.

Serving up whole grains

What counts as one serving of a whole grain?

- 1 slice (1 oz.) whole-wheat bread
- 1/2 of a whole-wheat English muffin
- 1/2 cup whole-wheat pasta
- 1/2 cup brown rice or wild rice
- 1 cup of a whole grain cereal
Total, Shredded Wheat, Cheerios
- 3 cups popped popcorn
- 1/2 cup cooked oatmeal



Dining Services offers many of these whole grain options. Coming in the spring, the Food Zoo will expand offerings to include millet, quinoa, and amaranth.

Nutrient of the month: Fiber

Alias

Roughage

Why you need it

Fiber helps reduce blood cholesterol levels, may lower the risk of heart disease, and is important for proper bowel function. Women need 25 grams/day, and men need 38 grams/day.

How to get it

Fiber is found only in plant foods: whole grains, legumes (beans, peas, lentils, peanuts), fruits, vegetables, tree nuts, and seeds.

Healthier choices in the Cascade Country Store



Check out our website for info on healthier snack choices in the Cascade Country Store, as well as recommendations for which energy bars to buy:

<http://www.umt.edu/uds>

Click on Nutrition and Health Watch.

Quiz answers

None of them! None of the descriptions listed on the previous page mean whole grain. To find whole grains, read the ingredients. If the first ingredient is whole grain, whole-wheat, brown rice, or oats, it's a whole grain.

“Made with whole grain” simply means that a food contains some small amount of whole grain. These foods don't offer the nutritional benefits of 100% whole grain foods, so don't fall for the hype!