

LET’S GET STARTED

A balanced breakfast provides a surefire way to jump start your day! Though breakfast often gets neglected, it is just as vital as our other meals. Think of breakfast as an opportunity to pack in nutrients that can boost your energy and increase your alertness and brain power! Be sure to include as many fruits and vegetables as possible; help yourself to whole fruit or stir it into oatmeal or yogurt, blend plenty of veggies into scrambled eggs and omelets, or make smoothies out of both fruits and veggies.

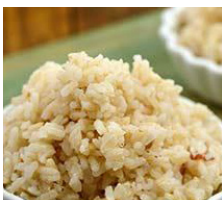
In this section you will learn about the benefits of whole grains and how to prepare them. Whole grains are loaded with fiber to keep you full and energized, making them a perfect component of a healthy breakfast (the more ‘intact’ the natural grain, the better)! We will also cover the basics of “decoding” the food label and its ingredient list. By the end of the section, you’ll be well prepared to plan out your own healthy breakfasts to set your day off on the right track!

Whole Grains Energize Your Day!

Grains are an essential part of a healthy diet. They are good sources of vitamins and minerals and are naturally low in fat. Grains are good sources of complex carbohydrates which provide your body long-lasting energy. Choose whole grains to keep you healthy.

EAT MORE WHOLE GRAINS

which are naturally nutrient-rich. Whole grains contain bran and germ for a healthy heart and digestive system.



Brown rice



Whole grain bread



Popcorn



Whole wheat crackers



Oatmeal



Whole wheat pasta

EAT LESS REFINED GRAINS

like white flour and white bread, which have had their bran and fiber stripped away from the original grain when they are milled. Some examples of refined grains are:

- Pretzels
- Enriched pasta
- Cornflakes
- White bread
- White rice
- Saltine crackers

WHY EAT WHOLE GRAINS?

Whole grains are better sources of fiber and nutrients like magnesium, potassium, and selenium than refined grains.

EATING WHOLE GRAINS CAN:

- Keep your heart healthy
- Reduce your risk for certain cancers
- Help maintain blood sugar levels
- Help maintain a regular digestive system



Whole Grain Cooking Times

- Gluten-Free
- Grain:Water Ratios
- Approximate Cook Time

Below we give you the cooking times of 10 whole grains (and remember, we're using a broader definition of whole grains).



Hulled Barley

This nutty and versatile grain is also one of the oldest. If you're in a hurry, you can use pearled barley but will lose some of the nutritional benefits

✗ GF	Cook like pasta	45 to 60 min
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Bulgur

Bulgur is wheat kernels that have been boiled, dried and then cracked. Because they've been parcooked, they're incredibly quick cooking for a whole grain

✗ GF	Cook like pasta	10 to 15 min
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Buckwheat* groats (aka kasha)

Buckwheat is actually a pseudocereal with a hoppy, malty taste. You'll often see it labeled kasha, which is toasted buckwheat

✓ GF	Cook like pasta	15 to 30 min
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Semi-Pearled Farro (aka emmer)

Pearled and semi-pearled farro are not true whole grains since some (or all) of its bran have been removed but they still have a considerable amount of nutrients

✗ GF	Cook like pasta	20 to 35 min
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Millet

In the US, millet is often used for bird seed but this ancient grain is a widely consumed grain in many parts of the world. Use this as a gluten-free substitute for barley, farro or couscous

✓ GF	1:2	15 to 20 min
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Rolled Oats

Rolled oats are made when whole grain oats are softened by steam and then flattened. Aside from oatmeal, they're great for baked goods

✓GF

1:2

10 to 20 min



Steel Cut Oats (aka oat groats)

Steel cut oats are whole oats that have been cracked. They make an oatmeal with a more al dente texture. They're also known as Irish or Scottish oats

✓GF

1:3

20 to 30 min



Quinoa*

Quinoa is a pseudocereal that many people treat as a grain. It's light, fluffy and cooks quickly, making it a great weeknight choice

✓GF

1:1.5

12 to 15 min



Brown rice

This easy-to-find whole grain contains much more fiber than its more refined version - white rice. Don't be afraid to enjoy it beyond Asian meals

✓GF

1:2

45 to 55 min



Wild rice

This whole grain has a chewy texture and a nutty taste. While it mostly appears on Thanksgiving tables, it can be used all year long in soups, salads, and pilafs

✓GF

Cook like a pasta

45 to 55 min

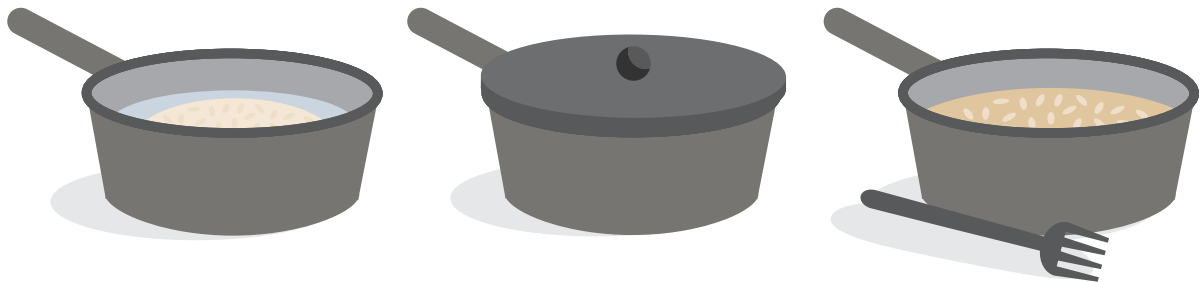
*Technically not a whole grain but a pseudocereal

How to Cook Whole Grains

Once you know how to cook 1 whole grain, you pretty much know how to cook all whole grains! Our classic stovetop method follows these steps:

5 step stovetop method

- 1 | Give grains a rinse
- 2 | Combine water, whole grains, and a sprinkle of salt in a saucepan
- 3 | Cover, turn up and bring to a boil
- 4 | Lower heat and simmer covered until grains are cooked
- 5 | Remove from heat and let sit for ~10 minutes. Fluff with a fork and let sit uncovered for another few minutes before enjoying!



Some grains can be cooked just like pasta. For these grains, just bring a pot of water to boil, add grains with some salt and simmer until tender and cooked through. Then drain.



To shorten cooking times, you can also soak the grains ahead of time.

Reading Labels & the Ingredient List

From "The 5 Clues for Nutrition Detectives" by Dr. David Katz

1

Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list. The front of a food package is like a commercial that talks you into buying that product. Don't be fooled by the ads on the front. Look for the true facts on the food label and ingredient list.

How many servings are you eating?

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	20%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Get What You Need!

Get LESS

5% or less is low
20% or more is high

Get ENOUGH

5% or less is low
20% or more is high

2

The FIRST ingredient on the list is always the BIGGEST! The ingredients are always listed in the order of quantity. A food is mostly made up of the ingredients that come first.

3

Try not to choose foods that contain partially hydrogenated oil and high fructose corn syrup. Look for these words on a busy nutrition label.

4

Look for short ingredient lists. These foods tend to be more wholesome. They usually have fewer added ingredients that your body doesn't need, such as flavor enhancers, preservatives, or dyes.

5

Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers and pasta with at least 2 grams of fiber per serving (100% whole grain as first ingredient).



Healthy Breakfast Ideas

- Greek yogurt with:
 - berries
 - granola
 - slivered almonds
- Egg
- Green tea

- Whole wheat tortilla wrap with:
 - egg or egg whites
 - turkey sausage
 - fresh vegetables
- Orange slices
- Milk, 1% or skim

YOUR IDEAS

- Vegetable omelet with egg or egg whites with:
 - sautéed spinach
 - mushrooms
 - onion
 - red pepper
- Whole wheat toast
- Kiwi

- 1% cottage cheese with pineapple
- Whole wheat bagel or bagel-bread

- Whole wheat English muffin topped with:
 - egg or egg whites
 - Canadian bacon
 - 50% reduced-fat cheese
- Fruit smoothie
- Milk, 1% or skim

- Grapefruit juice
- Oatmeal with honey and fresh berries
- Milk, 1% or skim
- Raisin toast with almond butter

- Flourless banana muffin with:
 - Dark Chocolate Chips
- Berries

- Wheat cereal, like Chex® or bran flakes, with banana slices or other fresh fruit
- Milk, 1% or skim
- Peanut butter on whole wheat bread