

Subject: Month 4, Wholesome Whole Grains!!

Hello and thanks for participating in the Griffin Hospital Produce Prescription Program!

We hope you are enjoying using those fruit and vegetable gift cards each month. Last month, we shared with you resources on food components to limit or avoid, looking out for those food labels. This week we are going to focus on a new food group, whole grains.

Just like last month, below is an assortment of resources and opportunities that might be helpful to you and your family.

Let's get started!

Classes available this month

EFNEP @

Classes with Griffin Population Health

Local Health Department

Want to work 1 on 1 with a health coach? Please ask for a referral and we will set you up!

An Introduction to Whole Grains

Make half your grains whole grains.

What foods are in the Grains Group?

Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Grains have two subgroups: whole grains and refined grains.

Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Some whole-grain examples are whole-wheat flour, bulgur (cracked wheat), oatmeal, and brown rice.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life. But it also removes dietary fiber, iron, and many B vitamins.

Some examples of refined grain products are white flour, corn grits, white bread, and white rice.

Refined grains should be enriched. This means adding back certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron. However, fiber is not added back to enriched grains. Check the ingredient list on refined grain products. The word "enriched" should appear in the grain name.

Some food products are made from mixtures of whole grains and refined grains. Only foods that are made with 100% whole grains are considered a whole grain food.

[Learn more about this week's focus, MyPlate](#)

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- Eating whole grains as part of a healthy diet may reduce the risk of getting heart disease.
- Eating whole grain foods that have fiber, as part of an overall healthy diet, can support healthy digestion.
- Eating whole grains, as part of an overall healthy diet, may help with weight management.
- Eating grain products with folate before and during pregnancy as part of an overall healthy diet helps prevent neural tube defects. Neural tube defects are birth defects of the brain, spine, or spinal cord.

Options for whole grains: <https://www.myplate.gov/eat-healthy/food-group-gallery#grains>

[To find more recipes try this!](#)

Each and every month we will share with you more resources to help you find new and exciting ways to eat healthy and enjoy that abundance of produce. For us to include recipes in our monthly shares they need to meet certain criteria. They should focus on foods that promote health and wellbeing, like fruits and vegetables and limit ingredients that are less healthful like sodium, saturated fat and sugar.

This month we encourage you to give this recipe search engine a try! It's brought to us by Cooking Matters. We like this resource because you can search by meals, recipe type and dietary restrictions.

[Other resources you might like- this week...timesavers in the kitchen](#)

Time Savers:

<https://cookingmatters.org/tips/#time-savers>

videos: <https://www.youtube.com/watch?v=QLJjopG1a9Y>