Whole Lifecycle NUTRITION

YOUR ULTIMATE GUIDE TO WHOLE GRAINS



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Whole grains are an excellent source of nutrients such as minerals, vitamins B and E, and fiber. They are also rich in disease-fighting antioxidants and phytochemicals. Research suggests that whole grains contribute to reduced risk of cancers [particularly colorectal cancers], heart disease, stroke, diabetes, and obesity.

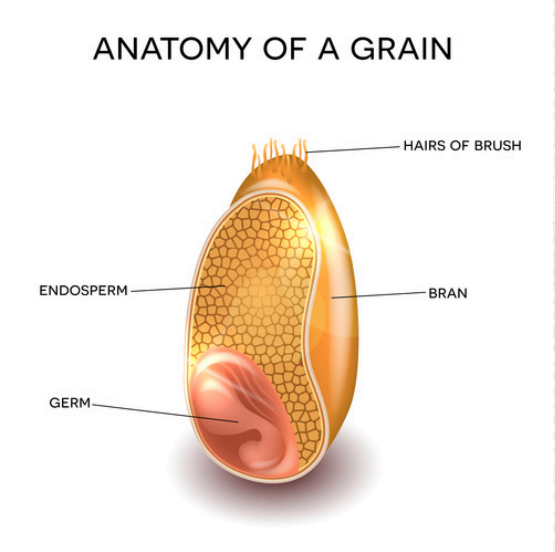
WHOLE GRAINS

Whole grains include ALL parts of the grain and the following nutrients:

- Fiber (bran)
- Protein, vitamins & minerals (germ)
- Starch (endosperm)

REFINED GRAINS

Refined grains are lower in fiber and protein than whole grains because they lack the bran and germ.



HEALTH BENEFITS OF WHOLE GRAINS

REDUCED RISK OF:

- Type 2 diabetes
- heart disease
- stroke
- colorectal cancers
- obesity

OTHER BENEFITS:

- weight maintenance
- satiety
- GI regularity
- important source of essential nutrients



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The Whole Grains Council offers guidelines for identifying the whole-grain content of processed foods. More than 13,000 whole-grain products carry this identifying icon.

≥ 16 g whole grains per serving

minimum 8 g whole grains per serving



ALL grains in product are whole grains.

At LEAST 50% of grains in product are whole grains.

Product contains a significant amount of whole grain but contain primarily. refined grains

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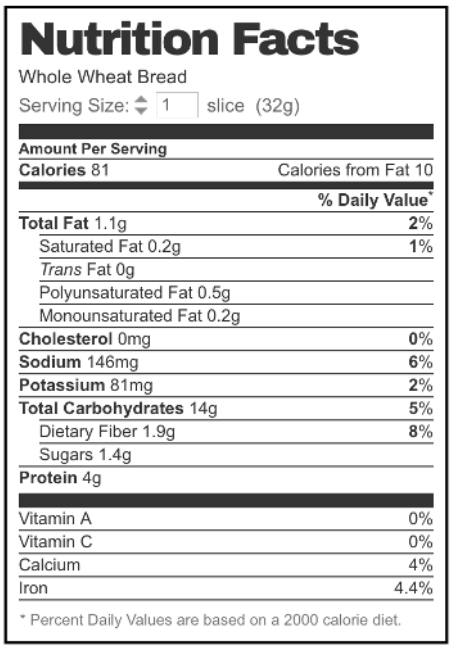
For processed foods without this icon, look at the list of ingredients first - the first word should be "whole": whole oats, whole wheat flour, etc. If the word "whole" is used to identify the second ingredient, the product may contain as little as 1% whole grains.

While fiber is not the first indication of whole grain content, it can be used in conjunction with the ingredients list to help you make an informed decision. Look for fiber content > 1g when purchasing processed foods that contain grains.

**Retrieved from: wholegrainscouncil.org*



Nutrition Facts

Whole Wheat Bread

Serving Size: 1 slice (32g)

Amount Per Serving	
Calories 81	Calories from Fat 10
	% Daily Value*
Total Fat 1.1g	**2%**
Saturated Fat 0.2g	**1%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.2g	
Cholesterol 0mg	**0%**
Sodium 146mg	**6%**
Potassium 81mg	**2%**
Total Carbohydrates 14g	**5%**
Dietary Fiber 1.9g	**8%**
Sugars 1.4g	
Protein 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4.4%

* Percent Daily Values are based on a 2000 calorie diet.

TYPES OF GRAINS

GRAINS	NUTRIENT	1 CUP COOKED	GOOD SOURCE OF:
BROWN RICE	• Calories • Carbohydrate • Fiber • Protein	• 200 • 43 g • 3 g • 5 g	• Magnesium • Phosphorus • Selenium • Manganese • Niacin • Thiamin • Vitamin B6
QUINOA*	• Calories • Carbohydrate • Fiber • Protein	• 222 • 39.4 g • 5.2 g • 8.1 g	• Protein • Fiber • Magnesium • Phosphorus • Copper • Manganese • Thiamin • Folate

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GRAINS	NUTRIENT	1 CUP COOKED	GOOD SOURCE OF:
OATS	• Calories • Carbohydrate • Fiber • Protein	• 166 • 28 g • 4 g • 6 g	• Protein • Fiber • Iron • Magnesium • Phosphorus • Potassium • Manganese • Zinc
BUCKWHEAT*	• Calories • Carbohydrate • Fiber • Protein	• 155 • 34 g • 4.5 g • 5.7 g	• Protein • Fiber • Magnesium • Phosphorus • Copper • Manganese • Riboflavin • Niacin
SORGHUM*	• Calories • Carbohydrate • Fiber • Protein	• 228 • 56 g • 1 g • 7 g	• Protein • Fiber • Phosphorus • Potassium • Manganese • Selenium • Vitamin B6
BARLEY	• Calories • Carbohydrate • Fiber • Protein	• 193 • 44 g • 6 g • 3.5 g	• Protein • Fiber • Magnesium • Copper • Manganese • Riboflavin • Niacin
BULGUR [Wheat]	• Calories • Carbohydrate • Fiber • Protein	• 151 • 34 g • 8.2 g • 5.6 g	• Protein • Fiber • Magnesium • Phosphorus • Manganese • Niacin

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GRAINS	NUTRIENT	1 CUP COOKED	GOOD SOURCE OF:
FARRO [Wheat]	• Calories • Carbohydrate • Fiber • Protein	• 220 • 48 g • 10 g • 12 g	• Protein • Fiber • Magnesium • Phosphorus • Iron • Copper • Manganese • Niacin

Other psuedo-grains to consider:

- wild rice
- amaranth
- kañiwa
- millet
- teff

The information noted here was retrieved from the Oldways Whole Grains Council website. The Whole Grains Council is a non-profit consumer advocacy group working to increase consumption of whole grains for better health. [wholegrainscouncil.org]

OLDWAYS WHOLE GRAINS COUNCIL



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GRAIN	LIQUID	COOKING TIME	YIELD
1 c. Rice, brown	2 ½ cups	25-45 minutes (varies)	3 cups
1 c. Quinoa	2 cups	12-15 minutes	3 cups
1 c. Oats, steel cut	4 cups	30 minutes	3 cups
1 c. Buckwheat	2 cups	20 minutes	4 cups
1 c. Sorghum	4 cups	25-40 minutes	3 cups
1 c. Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
1 c. Bulgur	2 cups	10-12 minutes	3 cups
1 c. Farro	2 ½ cups	25-40 minutes	3 cups

Cooking time may vary depending on the type of liquid used.

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RECIPES

CILANTRO LIME QUINOA

PREP TIME: 15 MINUTES **TOTAL TIME: 30 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 1 cup quinoa
- 2 cups GF vegetable broth
- 1 clove garlic, minced
- 2 Tbs lime juice
- 1/3 cup fresh cilantro, chopped
- Salt & pepper, to taste

DIRECTIONS

- Combine quinoa and broth in a saucepan and bring to a boil.
- Reduce to a simmer and cook for 12-15 minutes or until broth is evaporated and quinoa is tender.
- Remove from heat and let sit, covered, for 5 minutes.
- Meanwhile, mince garlic, juice lime, and chop cilantro.
- Mix quinoa, garlic, lime juice and cilantro.
- Salt and pepper to taste.

Nutrition Facts

Calories 165 per serving

Amount/serving	% Daily Value*
Total Fat 2.7g	4%
Saturated Fat 0.3g	1%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 330mg	14%

Amount/serving	% Daily Value*
Total Carbohydrates 29g	9%
Dietary Fiber 3g	12%
Total Sugars 1g	
Protein 6g	

Vitamin D 0mcg 0% · Calcium 27mg 2% · Iron 2mg 11% · Potassium 279mg 5%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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RECIPES

QUINOA YOGURT PARFAIT

PREP TIME: 15 MINUTES **TOTAL TIME: 15 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 3/4 cup quinoa, cooked
- 2 cup plain Greek yogurt, 2%
- 1 cup mixed berries
- 1 tbs maple syrup

DIRECTIONS

- Cook quinoa according to package directions.
- Place quinoa at the bottom of 4 glasses or bowls.
- Top with yogurt, berries and maple syrup.

Nutrition Facts

Calories per serving **321**

Amount/serving	% Daily Value*
Total Fat 6.1g	9%
Saturated Fat 3.2g	15%
Trans Fat 0.0g	
Cholesterol 30mg	10%
Sodium 87mg	3%

Amount/serving	% Daily Value*
Total Carbohydrates 41g	13%
Dietary Fiber 5g	18%
Total Sugars 19g	
Protein 28g	

Vitamin D 0mcg 0% · Calcium 2526mg 252% · Iron 1mg 6% · Potassium 198mg 4%

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RECIPES

BUCKWHEAT COCO-CHIP OVERNIGHT OATS

PREP TIME: 10 MINUTES **TOTAL TIME: 4 HRS. - OVERNIGHT** **YIELD: 4 SERVINGS**

INGREDIENTS

- 3/4 cup rolled oats
- 1/4 cup buckwheat groats
- 1 Tbs chia seeds
- 1/2 tsp cinnamon
- 2 Tbs unsweetened coconut flakes
- 2 Tbs dark chocolate chips we like to use mini!
- 1 1/2 cup unsweetened vanilla almond milk or milk of choice
- 1 tsp maple syrup adjust to taste

DIRECTIONS

Prep

- Measure dry ingredients into a 3+ cup mason jar (or container). Store until ready to make.

Make

- 1. Add milk and maple syrup to the jar along with the dry ingredients. Shake to combine.
- 2. Let sit for 10 minutes, then shake vigorously again.
- 3. Place in the refrigerator overnight. Top with fruit, if desired.

Nutrition Facts

2 servings

Calories per serving 379

Amount/serving	% Daily Value*
Total Fat 15.4g	23%
Saturated Fat 7.2g	36%
Trans Fat 0.0g	
Cholesterol 1mg	0%
Sodium 152mg	6%

Amount/serving	% Daily Value*
Total Carbohydrates 55g	18%
Dietary Fiber 10g	41%
Total Sugars 11g	
Protein 10g	

Vitamin D 2mcg 19% · Calcium 444mg 44% · Iron 18mg 99% · Potassium 468mg 9%

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RECIPES

TURKEY & BROWN RICE SLIDERS

PREP TIME: 15 MINUTES **TOTAL TIME: 60 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 8 oz ground turkey
- 1 cup brown rice
- 1 cup mushrooms, minced
- 1 cup carrots, shredded (2 carrots)
- 1 cup zucchini, shredded (1/2 medium zucchini)
- 1 tsp garlic powder
- 1 Tbs fresh basil, roughly chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp oregano
- 2 large eggs
- 1 tsp olive oil

DIRECTIONS

Prep

- Wash the mushrooms, carrots and zucchini.
- Mince the mushrooms.
- Shred the carrots and zucchini.
- Chop the basil.
- Cook the brown rice and cool before using.

Make

- Preheat oven to 350°F and line a large baking sheet with parchment paper.
- In a large bowl, combine the ground turkey, cooled brown rice, mushrooms, carrots, zucchini, spices, eggs and olive olive. Using gloves, mix until thoroughly combined and shape into 3 oz. patties.
- Place patties on the baking sheet and continue until all of the mixture is gone.
- Bake for 15-20 minutes or until sliders are thoroughly cooked.

Nutrition Facts

Calories 161 per serving

Amount/serving	% Daily Value*
Total Fat 4.6g	7%
Saturated Fat 1.2g	5%
Trans Fat 0.0g	
Cholesterol 66mg	22%
Sodium 191mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 20g	6%
Dietary Fiber 1g	5%
Total Sugars 1g	
Protein 9g	

Vitamin D 0mcg 3% · Calcium 29mg 2% · Iron 1mg 6% · Potassium 243mg 5%

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