

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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OCTOBER'S *quick tip*

Try to consume half of the servings of carbohydrates (minimum of six one ounce servings) from whole grains.

DIETITIAN *on duty*

5:30–7:30 PM

Wednesday, Oct. 4
at Berkshire DC

Wednesday, Oct. 11
at Franklin DC

Wednesday, Oct. 18
at Worcester DC–Hillside Room

Wednesday, Oct. 25
at Hampshire DC

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Be Smart. Eat Smart.



Nutrition
UMASS AMHERST DINING SERVICES



“the average American consumes only half of the recommended daily intake of fiber”

The whole truth about whole grains

Most Americans meet their carbohydrate needs of 50–65% of total calories coming from carbohydrates, but few achieve eating enough whole grains. Eating at least six one ounce equivalents of breads, cereal, grains, rice and pasta and having half of those being whole grains is the ideal way toward eating healthy.

Examples of 1 ounce equivalents are:

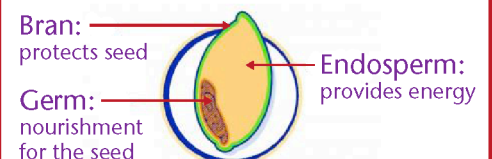
- 1 slice of bread or 0.5 hamburger roll
- 0.5 cup of pasta, rice or grains (barley, mixed grains, quinoa)
- 0.5 of an english muffin
- 0.5 cup of hot cereal
- 1 cup of cold cereal

Whole grains are easy to incorporate into your daily diet. Even more surprising is the benefits that your body can obtain from them.



What *exactly* is a whole grain?

A whole grain is the grain with all its parts; the germ, endosperm and bran fully intact. Products with bleached white flour are missing the germ and bran due to the refining process. Grains are refined to increase shelf life. The less we fool with our grains the better they are for us!





INCORPORATING *whole grains* INTO YOUR DIET

Try to increase whole grains at breakfast. Many cereals are high in whole grains. All *General Mills* cereals contain whole grains. They have begun labeling whether or not the product is a “good” source (8 grams of whole grains per serving) or an “excellent” source (16 grams of whole grains per serving).



Don't be fooled, cereals covered in sugar, whether or not they advertise they are “whole grains,” are not considered to be healthy. Try to limit sugar to no more than 7 grams (or 1.5 teaspoons) per serving of cereal. As with anything, they should be consumed in moderation.

The dining commons provide *General Mills* cereals along with *Kashi*, granola and *Grape Nuts* every morning. An evening snack of popcorn with minimal butter is also a great source of whole grains!

CEREALS WITH FIBER, SUGAR AND THE FIRST FIVE INGREDIENTS

Which is best for you?

CEREAL	GRAMS PER SERVING		FIRST 5 INGREDIENTS ON LABEL
	FIBER	SUGAR	
Wheaties 3/4 cup	3	1	Corn Meal, Sugar, Whole Grain Corn, Rice Bran, Corn Bran...
Kix 1 1/4 cup	3	3	Corn (Whole Grain Corn, Meal), Whole Grain Oats, Sugar, Corn Bran, Modified Food Starch...
Cheerios 1 cup	3	1	Whole Grain Oats, Modified Food Starch, Cornstarch, Sugar, Salt...
Multi-bran Chex 1 cup	7	11	Corn Meal, Sugar, Whole Grain Corn, Wheat Bran, Rice Bran...
Total 3/4 cup	3	5	Whole Grain Wheat, Sugar, Calcium Carbonate, Corn Syrup, Salt...
Cinnamon Raisin Good Friends Kashi 1 cup	8	13	Whole Wheat, Granola (Oats, Wheat, Crisp Rice), Brown Rice Syrup, Evaporated Cane Juice, Expeller Pressed Canola Oil...
Grape Nuts 1/2 cup	5	7	Whole Grain Wheat Flour, Wheat Flour, Malted Barley Flour, Salt, Dried Yeast...
Nature Valley Low-fat Fruit Granola 2/3 cup	2	18	Whole Grain Oats, Brown Sugar, Crisp Rice, Raisins, Dried Dates... <i>Please note: Sugar on the label does not differentiate between natural sugar found in dried fruit and added sugar</i>

Parts of a *whole grain*

THE GERM

The germ is located in the center of the grain and is the smallest part. It is packed with Vitamin E, antioxidants and essential fatty acids.

Vitamin E:

–Helps support immune function

Antioxidants:

- Have disease fighting properties
- Help keep the immune system healthy
- Reduces the risk of cancer

Essential Fatty Acids:

- Help manufacture hormones
- Keep cells healthy

THE ENDOSPERM

The endosperm is the middle part of the grain. It is a good source of complex carbohydrates.

Complex Carbohydrates:

- Provide necessary energy for brain function
- Contain important vitamins and minerals

THE BRAN

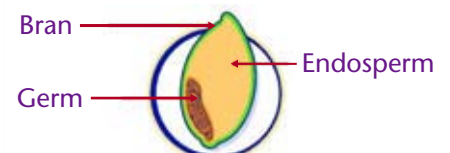
The bran is the outer shell of the grain. The bran provides fiber and B Vitamins.

Fiber:

- Helps prevent constipation
- Provides satiety (feeling of fullness)
- Assists in lowering blood cholesterol levels
- Aids in regulating blood sugar levels
- Aids in the reduction of intestinal cancer

B Vitamins:

- Aid in energy metabolism
- Assist in synthesis of blood cells and neurotransmitters



The benefits of eating *whole grains*

Whole grains can provide many beneficial qualities to our health, including:

- Decreased risk of heart disease
- Lower rates of diabetes
- Reduced risk of some cancers
- Aid in the reduction of cholesterol levels
- Can also contribute to weight management

FIBER

Since whole grains contain more fiber than their refined counterparts, eating more whole grains will keep you fuller longer. Fiber increases “satiety” or the feeling of fullness. The longer you feel full the less you are likely to eat. Two types of fiber exist, soluble and insoluble fiber.

Soluble fiber:

- Dissolves in water
- Helps in elimination of fatty substances in the body
- Provides satiety
- Helps to stabilize blood sugar levels
- May lower blood cholesterol levels

Foods that contain soluble fiber include:

- apples
- barley (a whole grain)
- citrus fruit
- bananas
- carrots
- legumes



Insoluble fiber:

- Does not dissolve in water
- Helps push food through the intestinal tract quickly
- Aids in digestion
- Adds bulk to diet
- May help reduce the risk of colon cancer

Foods that contain insoluble fiber include:

- Wheat bran
- Whole grains
- Oats
- Brown rice
- Vegetables

The recommended daily intake of fiber is 20–35 grams of fiber a day. The average American consumes only half that daily. Check out the nutrition labels in the Dining Commons which state the fiber content.

FOODS HIGH IN FIBER

Food	Serving Size	Fiber (gm)
Whole grain bread	1 slice	2–4
All-Bran	2/3 cup	17.0
Shredded Wheat	2 biscuits	4.4
Grape Nuts	1/2 cup	3.6
Cheerios	1 1/4 cup	2.0
Grapefruit	1/2	2.6
Apple w/skin	1 med.	2.5
Banana	1 med.	2.0
Orange	1 small	1.8
White beans, boiled	1 cup	7.9
Corn kernels	1/2 cup	4.0
Potatoes, cooked	1/2 cup	4.0
Peas, green, boiled	1/2 cup	4.0
Celery, raw	2 1/2 stalks	3.0
Brown rice	1/2 cup	2.5



Switching to whole grains



Here are some suggestions for finding ways to switch from refined grains to whole grains in the dining commons. Start making changes today!

INSTEAD of <i>Refined Grain</i>	TRY a <i>Whole Grain</i>
White Rice	Brown Rice
Refined White Bread	Whole Wheat Bread
Regular Pasta	Whole Wheat Pasta
Flour Tortillas	Corn Tortillas*
Quick/Rolled Oats	Whole/Steel Cut Oats*
Regular Crackers	Whole Wheat Crackers
Plain Bagel	Whole Wheat Bagel
Regular Pizza Crust	Whole Wheat Pizza Crust

* Not available in the dining commons

Shopping for whole grains

When shopping for whole grains look at the ingredient list. A whole grain should be first on the list or at least before any refined grains. Some products have begun to include the whole grain stamp to indicate the quantity per servings that the food contains. The Whole Grain Stamp identifies products two ways:

	
WHOLE GRAIN STAMP For products offering a half-serving or more whole grain. Contains at least 8g whole grain per serving. 8g = 1/2 a MyPyramid serving	100% WHOLE GRAIN STAMP For products where ALL of the grain is whole grain. Contains at least 16g whole grain per serving. 16g = a full MyPyramid serving

Examples of whole grains found on food labels:

- whole wheat flour
- whole oats
- whole grain corn
- whole rye

Ingredients listed with the term “whole” in front of it would be considered a whole grain product. Most importantly, you want to see this ingredient either first on the ingredient list or at least closer to the top of the list. The closer they are to the top of the ingredient list the more whole grain that particular food contains. Ingredients are listed on the label based on weight from greatest to least.

Researched and compiled by Mistelle Warren,
Nutrition Major,
Class of 2007



Winner of ten national awards from National Association of College and University Food Services:

“Outstanding College and University Menu for Residential Dining”
in 2000, 2001, 2002, 2004, 2005, 2006



“Most Creative Nutrition Promotion”
2003 “Do You Want to be a Meal-lionaire?”
2004 “Nutrition Jeopardy”
2006 “Step Up to Nutrition and Health”

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