

WHY EAT WHEAT



Whole grains?

What is a Whole Grain?

A whole grain is the entire seed of a plant. All grains products start out as whole grains before they get processed. The more a grain is processed, the more nutrients are lost. For this reason, whole grains are the more nutritious choice.



Whole grains include all parts of a seed. This means it includes the following 3 parts:

Bran

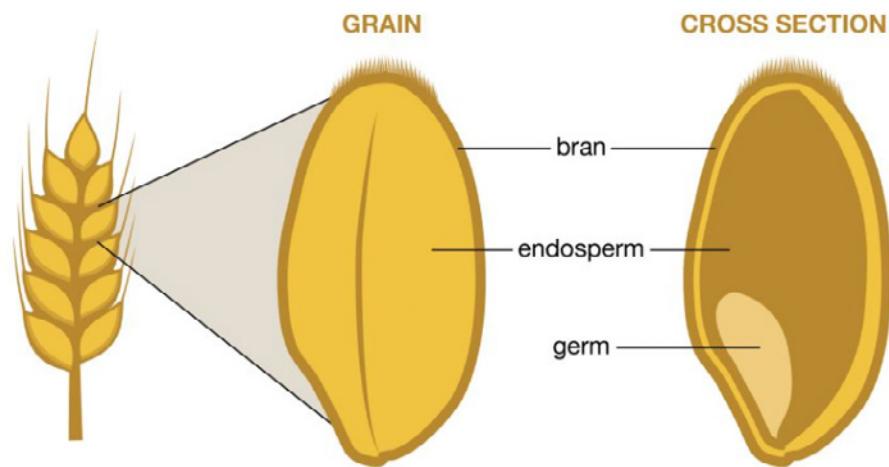
The bran contains antioxidants, B vitamins, and fibre.

Germ

The germ contains fibre, protein, minerals, and healthy fats.

Endosperm

The endosperm contains carbohydrates, proteins and small amounts of vitamins and minerals.





Did you know?

White Flour

White flour, or all purpose flour, means that all of the bran and germ have been removed from the product.

Multigrain Flour

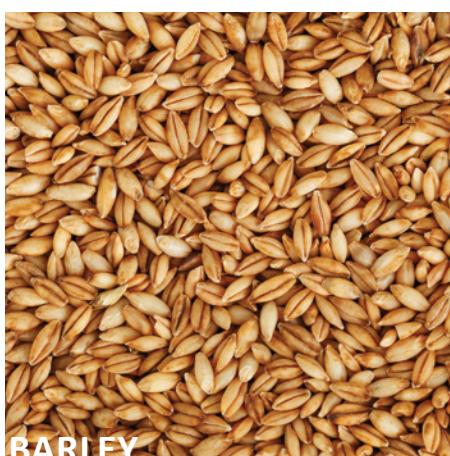
Multigrain means that there are multiple grains in the product. It does not mean that those grains are whole grains.

Whole Wheat Flour

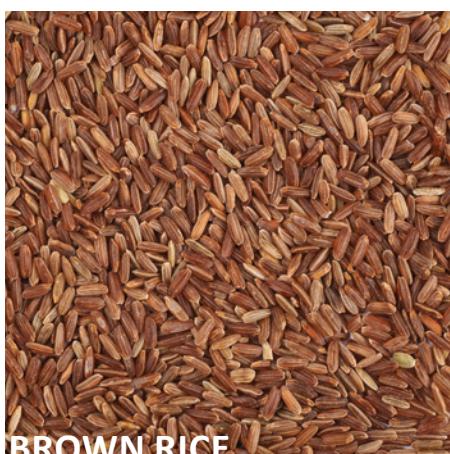
Whole wheat flour usually only includes the endosperm and the bran. To make sure you are getting a true whole grain that includes all 3 parts, look for the words “whole grain wheat flour” on the ingredient list. Sometimes it will even say whole grain, including the germ in the ingredient list.



OATS



BARLEY



BROWN RICE

Why eat Whole Grains?

1

They are great for your health

Whole grains help reduce the risk of chronic illnesses including heart disease, type 2 diabetes, and colon cancer.

2

They are rich in vitamins and minerals

Vitamins and minerals boost the immune system and are needed to help your body work properly.

3

They keep you fuller for longer

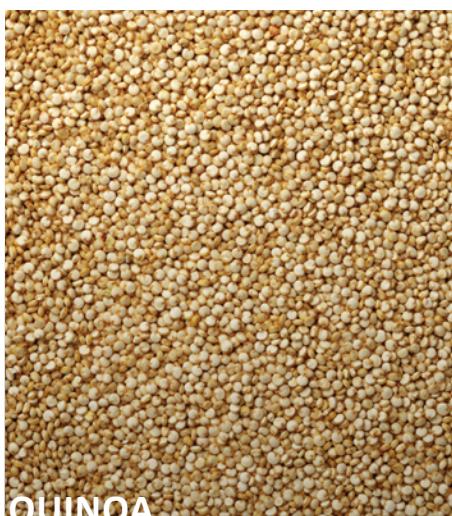
Whole grains are high in fibre and take longer for your body to digest. This helps you feel fuller after your meals.



BULGUR



CORNMEAL



QUINOA

Why eat Whole Grains?

4

They taste great

Whole grains are rich in flavour and are great additions to every meal.

5

They can improve digestion

By keeping stool soft and bulky, the fibre in whole grains help prevent constipation.

6

They can lower cholesterol and control blood sugar

Fibre in whole grains helps lower cholesterol by preventing it from being absorbed during digestion. High fibre foods can help control blood sugars because they take longer to digest, giving your body more time to process the sugar entering your blood.

Cooking Whole Grains

Whole Grain (1 cup)	Add this much water to the pot:	Bring to a boil, then simmer for:	Amount after cooking:
Barley	3 cups	45-60 minutes	3 1/2 cups
Whole Grain Pasta	6 cups or more	8-12 minutes Varies by pasta shape and size	Varies by pasta shape and size
Oats	4 cups	30 minutes	3 cups
Brown Rice	1 1/2 cups	25-45 minutes	3 cups
Quinoa	2 cups	12-15 minutes	3 cups
Cornmeal	4 cups	25-30 minutes	2 1/2 cups
Fine Bulgur	2 cups	Does not need to be cooked. Just add the grain to hot water and cover for 10-12 minutes.	3 cups



Easy Mushroom Barley

Preparation Time: 10 minutes

Cooking Time: 30-45 minutes

You'll need: Pot with lid, wooden spoon, measuring cups and spoons, cutting board, knives.

Makes: 6 servings

Ingredients

2 teaspoons oil

1 thinly sliced onion

1 cup raw pearl or
pot barley

8 fresh, sliced mushrooms OR
1 small can, drained mushrooms

3 cups chicken stock OR water

1 teaspoon dried oregano

½ cup thawed frozen green beans
or green peas

Directions

- 1** In a medium sized pot, heat oil over medium heat until hot.
- 2** Put raw barley, onion, mushrooms into the pot and stir until barley is lightly browned. Do not burn the barley.
- 3** Add water (or chicken stock) and dried oregano (if using).
- 4** Cover pot. Bring barley to a boil. Then reduce heat to low and let simmer for about 30-45 minutes until tender.
- 5** Stir in thawed green beans or peas while the barley is hot.



Brown Fried Rice

Preparation Time: 10 minutes

Cooking Time: 40 minutes

You'll need: Pot with lid, frying pan, mesh strainer, medium bowl, whisk, wooden spoon, measuring cups and spoons, cutting board, knives.

Makes: 6 servings

Ingredients

1 cup uncooked brown rice OR
4 cups cooked

2 cups water

3 eggs, whisked

1 cup onion, chopped

2 cups frozen vegetables

3 tablespoons soy sauce

3 tablespoons oil

Directions

- 1** Rinse the rice in a mesh strainer. Combine the rice and water in a pot and cover with a lid.
- 2** Bring rice to a simmer over low heat for 30 minutes or until water is absorbed. Remove rice from the heat. Fluff with a fork before serving.
- 3** Preheat a non-stick frying pan over medium heat. Add 1 1/2 tablespoons of oil to pan.
- 4** Crack eggs into a medium size bowl and whisk until the yolks and whites are combined.
- 5** Scramble eggs into the vegetable oil using a wooden spoon, breaking up the cooked eggs into small pieces. Once it is cooked, set aside.
- 6** Preheat a frying pan over medium heat. Add 1 1/2 tablespoons of oil into the frying pan.
- 7** Add in onions and cook for 3 minutes.
- 8** Stir in frozen vegetables and cook for an additional 5 minutes.
- 9** Combine cooked eggs and rice into the frying pan. Add soy sauce and stir until colour of rice is uniform.



Quick Cranberry Oat Bannock

Preparation Time: 10-15 minutes

Cooking Time: 20 minutes

You'll need: Baking sheet, mixing bowl, measuring cups and spoon, 4-cup glass measuring cup, fork, wooden spoon, parchment paper, wax paper.

Makes: 20 servings

Ingredients

3 cups unbleached white flour -
Plus extra for rolling out the dough

1 cup small flake "quick" rolled
oats - Not "instant" rolled oats

4 teaspoons baking powder

1 teaspoon baking soda

1 tablespoon white sugar

4 tablespoons frozen wild
cranberries or dried cranberries

1 egg

1/2 cup oil

1 1/2 cups milk or buttermilk

Directions

- ① Preheat oven to 375 degrees.
- ② On a cutting board, chop oats into smaller pieces.
- ③ In a mixing bowl add flour and oats. Be sure to measure correctly (spoon flour into a measuring cup and level with a knife). Add baking powder, baking soda, and sugar into the mixture. Add frozen or dried cranberries. Make a well in the mixture.
- ④ In a large (4-cup) glass measuring cup add egg and oil. Beat well with a fork. Then, add enough milk to make exactly two cups of liquid. Beat again until smooth.
- ⑤ Pour the liquid into the flour mixture and stir well with a wooden spoon or rubber spatula until the dough gathers into a ball. The dough will be sticky.
- ⑥ Get a piece of wax paper, about 30-40 cm long, and place it on your countertop. Sprinkle with flour. Scrape the dough onto the wax paper. Flour your hands and pat the dough into a square about 2 cm (1 inch) thick. Make sure the square is even in thickness. Do not pat the dough too thin. Cut the dough into 12 pieces.
- ⑦ Get a heavy baking sheet (do not use a thin metal sheet, your bannock will burn). Line with parchment paper. Set aside.
- ⑧ Separate the pieces a little and lay them onto an ungreased baking sheet that is lined with parchment paper.
- ⑨ Bake for 20 minutes until golden brown.