



Enjoy Nebraska Foods!

By Alice Henneman, RD, UNL Extension Educator

Meet the Grain Group

Tips for Using MyPyramid

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Grain Group
Make half your grains whole

Celebrate the New Year with this “mock”-tail from the National Cancer Institute’s Eat 5 to 9 A Day of fruits and vegetables program at <http://www.5aday.gov>

Mock Frozen “Peach” Daiquiri

Serves 2 people — each serving provides a ½ cup serving of fruit.
Preparation Time: 30 minutes

- 1 cup juice packed canned peaches
- 1 tablespoon fresh lemon juice
- 2 tablespoons frozen pink lemonade concentrate
- 1 cup crushed ice

Chill peaches in freezer until very cold. Add to blender container with pink lemonade concentrate, lemon juice and crushed ice. Puree until smooth. Pour into glasses.

Nutrition: 74 calories; 28 milligrams sodium; 1 gram fiber; 0 grams fat and cholesterol

Eating foods rich in fiber, such as whole grains, as part of a healthy diet, provides several health benefits. These include:

- Reducing the risk of coronary heart disease
- Reducing the incidence of constipation
- Helping with weight management

Daily Amount

MyPyramid recommends eating the equivalent of six ounces of grain products daily for people on a 2,000 calorie diet (to find out your personalized MyPyramid Plan, go to <http://mypyramid.gov>).

In the grains food group, a “1 ounce-equivalent” is the amount of food counted as equal to a 1-ounce slice of bread. The following are all “1 ounce-equivalents”:

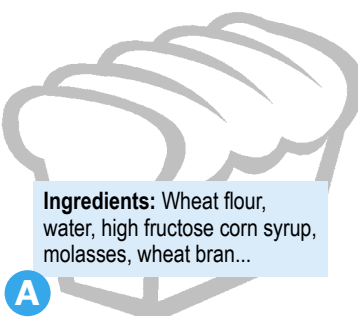
- 1 slice of bread
- 1 small (6”) flour or corn tortilla
- 1 “mini” bagel
- 1/2 English muffin
- 1 small (2-1/2” diameter) muffin
- 1 cup ready-to-eat cereal
- 1/2 cup cooked pasta, cooked rice or cooked cereal
- 3 cups popcorn

MyPyramid recommends making at least half of your daily grains “whole grains.”

Whole vs. Refined Grains

Grains can be divided into two subgroups: whole grains and refined grains.

Whole grains are made from the *entire grain seed* (usually called the kernel) which consists of the bran, germ and endosperm. If the kernel has been cracked, crushed or flaked,



Ingredients: Wheat flour, water, high fructose corn syrup, molasses, wheat bran...

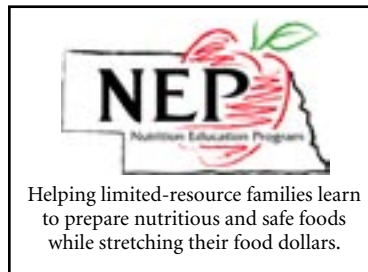


Ingredients: Whole wheat flour, water, brown sugar...

Which is the whole grain bread? Choose foods with a whole grain ingredient listed first on the label’s ingredient list.

Answer: B

Sit Less, Move More!



By Hilary Catron
UNL Extension Assistant

Are you one of the millions of Americans who have resolved to begin exercising and/or improving your overall health? The messages encouraging us to make lifestyle changes are everywhere, but many of us just do not know where to start.

The truth is, improved health can be found in a good pair of sneakers. Improved health does not have to be time consuming, expensive or include giving up a favorite food. Improved health happens over time in small steps. (Don’t worry if you sometimes take a few steps backward — you can always head back in the right direction.)

Simply stated: Sit less and move more. Try to accumulate

30 minutes of activity over the course of the day. Increasing the amount of time spent walking is an easy way to increase daily activity. Take 10–15 minutes out of your lunch break and take a walk. Get up from your desk and take a 5 minute stroll around the office. Take 10 minutes after dinner for a trip around the block and you have accumulated 30 minutes of activity. Some days may allow for more walking time, others for less. Just move.

A principle I share with my nutrition groups is “think **FIT**”:

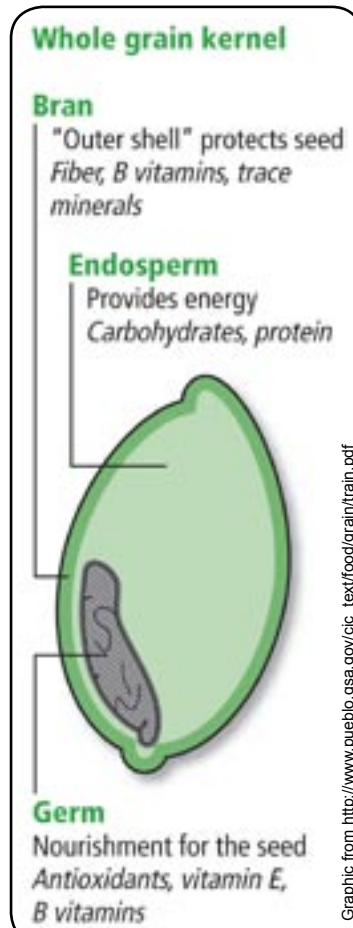
- **Frequency** — How many days of the week are you physically active? Can you walk more days of the week (5 instead of 3)?
- **Intensity** — How vigorously do you walk? Can you walk faster, bring your body up to a light sweat?
- **Time** — How much time do you actually spend in one session of activity? Can you spend more time walking (20 minutes instead of 10)?

By modifying one or more of these factors, you are on your way to improved health!

Low-Cost Indoor Avenues to Fitness

In good weather, there are countless outdoor places to go walking, jogging, biking, play sports, etc. Below are some low-cost avenues in Lincoln for indoor fitness activities.

- Air Park West Recreation Center, 43720 NW 46th, 441-7876**
• Low fee — fitness & weight equipment
- Belmont Recreation Center, 1234 Judson, 441-6789**
• Low fee — fitness & weight equipment, indoor track
- Calvert Recreation Center, 4500 Stockwell, 441-8480**
• FREE — walking around perimeter of gym M–F 8:15am–2:45pm
- Easterday Recreation Center, 6130 Adams, 441-7901**
• Low fee — fitness & weight equipment
- F Street Community Center, 1225 F Street, 441-7951**
• FREE — indoor track M–F, 9–11am and 1–3pm
• Low fee — fitness & weight equipment, indoor track
- Irving Recreation Center, 2010 Van Dorn, 441-7954**
• Low fee — fitness & weight equipment
- YMCA (Cooper, Downtown and Northeast branches), 434-9200**
• No one is denied membership due to financial limitations — fitness & weight equipment, fitness classes, pool, indoor track
- YWCA, 1432 N Street, 434-3494**
• No one is denied membership due to financial limitations — fitness & weight equipment, fitness classes, pool
- Westfield Gateway, 61st and ‘O’ streets**
• FREE — walking in mall corridors M–Sat, 7:30am–9pm; Sun, 10am–9pm



Nutrition Facts	
Serving Size 1 muffin 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 3g	12%
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.	
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

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Serving Size 1 muffin 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 2g	8%
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.	
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

Which grain food is higher in fiber? Use the “Nutrition Facts” label to help choose whole grain products with a higher % Daily Value.

Answer: A

It must retain nearly the same relative proportions of bran, germ and endosperm as original grain to be called whole grain.

Examples of whole grains:

- whole wheat
- whole oats, oatmeal
- whole grain corn
- popcorn
- brown & wild rice
- whole rye
- whole grain barley
- buckwheat
- tritacale
- bulgur (cracked wheat)
- millet
- quinoa
- sorghum

Refined grains have been milled, removing the bran and germ. This process also removes much of the B vitamins, iron and dietary fiber. Some refined grains are enriched, which means certain B vitamins (thiamin, riboflavin, niacin and folic acid) and iron are added back after processing. Fiber is not added back to most enriched grains.

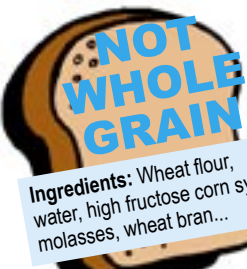
Examples of refined grains:

- white flour
- degermed cornmeal
- white bread
- white rice

Reading Labels

Choose foods with a *whole* grain ingredient listed first on the label’s ingredient list (note: ingredients are listed in descending order of weight — from most to least).

Color is not an indication of a whole grain — bread can be brown because



Ingredients: Wheat flour, water, high fructose corn syrup, molasses, wheat bran...

Color is not an indication of whole grain

of molasses or other added ingredients. Read the ingredient list to see if a grain is a whole grain.

Use the “Nutrition Facts”

label to help choose whole grain products with a higher % Daily Value (%DV) for fiber. The %DV for fiber is a good clue to the amount of whole grain is in the product.

Watch wording on grains! Foods are usually not whole-grain products if labeled with these words:

- Multi-grain
- Stone-ground
- 100% wheat
- Cracked wheat
- Seven-grain
- Bran