

Best Buys: Grain Products

Healthy eating starts with shopping for a variety of healthy foods from the four food groups in **Canada's Food Guide**. Shopping is an important skill for everyone to learn. By planning ahead, you can save money and time and get better food value for your dollar.

Grain products include all grains, cereals, pasta, noodles, rice and products made with grain flour (including corn flour). Whole grains (such as whole wheat noodles, whole wheat or whole grain breads

and brown rice) and enriched grain products give you the best nutritional value for your food dollar. Grain products give the body carbohydrate (for energy), B vitamins (e.g., thiamin, riboflavin, niacin and folate), iron, zinc, magnesium and fibre.

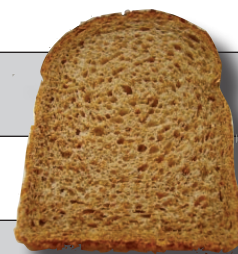
Canada's Food Guide recommends:

- Making at least half of your grain products whole grain each day.
- Choosing grain products that are lower in fat, sugar or salt.

Grain Products:

Recommended number of *Food Guide* servings per day

Gender	Age	Recommended Number of <i>Food Guide</i> Servings per day
Girls and Boys	2–3 years	3
	4–8 years	4
	9–13 years	6
Females	14–18 years	6
	19–50 years	6–7
	51+ years	6
Males	14–18 years	7
	19–50 years	8
	51+ years	7



One Food Guide Serving is:

Bread	1 slice (35 g)
Bagel	½ bagel (45 g)
Pita or tortilla	½ flat bread (35 g)
Cooked rice, bulgur or quinoa	125 mL (½ cup)
Cooked pasta or couscous	125 mL (½ cup)
Cold cereal	30 g
Hot cereal	175 mL (¾ cup)

Shopping tips

Rice, noodles and other grains

- Buy rice, noodles and other grains on sale or in bulk. They store well in a sealed container in a dry place.
- Avoid buying rice and noodle mixes. They cost more and are higher in fat and salt.
- For variety, enjoy whole grains such as whole wheat couscous, barley, brown rice, quinoa, wild rice or bulgur.

Breakfast cereals

- Hot cereals are the best buys. Instant and flavoured types can cost more and have added salt and sugar.
- For cold cereals, buy larger packages or in bulk to save money. Choose a higher fibre cereal made with whole grains such as wheat bran or oats. Unsweetened cereals also cost less than sweetened.
- Watch for sales in the grocery store flyer. Cereals store well in a dry place.



Breads

- 100% whole wheat bread has the best nutritional value for your dollar.
 - Compare brands and nutrition labels to find the best buy. “No name” or store brands may cost less.
 - Specialty breads like pumpernickel, rye and multi-grain may cost a bit more but are nutritious and provide variety.
- Buy bagels and rolls pre-packed rather than individually.
- Day old breads can be a great bargain.

Value for your food dollar

- Bread, pita and tortillas will last longer if you freeze them. They can be thawed, toasted or heated in the microwave.
- If bread loses its freshness, try making grilled sandwiches, breadcrumbs, croutons or stuffing. Pita or tortillas can be cut up and baked into chips.
- Use cooked rice and noodles in stir fries, salads, soups, casseroles or stews, or reheat the next day and use as a side dish.

in the kitchen



Bean and Rice Pilaf

Cooking time: 60 minutes

Ingredients:

1 can (19 oz)	kidney beans	1 can (540 mL)
1/3 cup	green or brown lentils, dry	75 mL
1 tbsp	vegetable oil	15 mL
1	medium onion, chopped	1
2	stalks celery, chopped	2
2	cloves garlic, finely chopped	2
1 cup	brown rice (uncooked)	250 mL
2 cups	reduced-sodium chicken broth*	500 mL
1 can (28 oz)	crushed tomatoes	1 can (796 mL)
1 cup	corn, frozen or canned	250 mL
2 tsp	chili powder	10 mL
1 tsp	ground cumin	5 mL

*reduced-sodium vegetable broth can be substituted

Note: Brown rice has a chewier texture than white rice. You may need to add a little extra broth or water. It is done when the rice grain is tender throughout and no longer crunchy

Makes 8 servings



Nutrition Information

Per serving (313 grams): 290 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 53 g carbohydrate, 11 g fibre, 3 g sugars, 13 g protein, 20% DV vitamin A, 20% DV vitamin C, 6% DV calcium, 15% DV iron.

Directions:

1. In a colander or sieve, drain and rinse the kidney beans.
2. Rinse the lentils.
3. In a large pot, heat the oil over medium heat. Sauté the onion, celery and garlic in the oil until soft. Add rice.
4. Stir in the kidney beans, lentils, broth, crushed tomatoes, corn, chili powder and cumin and bring to a boil.
5. Reduce the heat, cover and simmer until the rice and the lentils are tender and most of the moisture is absorbed, about 40-50 minutes.
6. Adjust seasoning according to taste.

in the kitchen



Tomato Tortilla Wedges

Cooking time: 6–8 minutes

Ingredients:

4	10" whole wheat flour tortillas	4
1 cup	shredded cheese (20% M.F. or less), any kind	250 mL
3	ripe tomatoes, thinly sliced	3
1 tsp	dried basil	5 mL
1 tsp	dried oregano	5 mL

Makes 4 servings



Directions:

1. Preheat oven to 400°F (205°C).
2. Sprinkle cheese evenly on tortillas.
3. Place sliced tomatoes on one half of each tortilla and sprinkle basil and oregano on top. Fold each tortilla in half.
4. Place tortillas on a large baking sheet. Bake in oven until lightly browned and crisp, about 6 to 8 minutes.
5. Cut each tortilla into wedges and serve.

Nutrition Information

Per serving (1 tortilla): 280 calories, 10 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 670 mg sodium, 33 g carbohydrate, 4 g fibre, 2 g sugars, 15 g protein, 0% DV vitamin A, 20% DV vitamin C, 30% DV calcium, 10% DV iron.