

Descriptions of Whole Grain Samples



EATING SMART
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- **Amaranth** is found all over the world. It contains high amounts of iron and calcium and is a great source of fiber and protein. Amaranth contains no gluten, a common protein in many wheat products, so people who have a gluten sensitivity or Celiac's disease can safely eat amaranth. This grain can be eaten in a variety of ways such as a hot breakfast cereal or a side-dish. Amaranth can also be ground into a flour and used as an ingredient for breads and muffins.
- **Barley** is the highest in fiber of all whole grains and it contains high amounts of antioxidants, vitamins, and minerals. Barley takes about an hour to cook on the stove and can be used in many meals, like soups, casseroles, salads, and chili. Barley can also be eaten as a hot breakfast cereal. Not all types of barley are considered a whole grain. Pearl barley is a refined grain.
- **Brown Rice** is produced by removing only the husk of the rice kernel. It is very nutritious because most of the kernel stays intact after milling. 1 cup of brown rice contains 3.5 grams of fiber and 5 grams of protein. Brown rice is gluten free and can be enjoyed in different ways, such as a side-dish, in cold and hot grain salads, and rice pudding.
- **Buckwheat** is gluten-free and a great source of fiber and protein. While people around the world eat buckwheat in various forms, buckwheat pancakes might be the most common way to enjoy buckwheat in the United States. Buckwheat flour can be used for many types of baked goods.
- **Bulgur** (cracked wheat) is the result of whole wheat kernels being boiled, dried, and cracked. This wheat product is precooked and dried, so it takes only about 20 minutes to prepare on the stove. Bulgur is the key ingredient in tabbouleh, a popular Middle Eastern salad. Because of its mild flavor, bulgur can be used in a variety of side dishes, salads, and pilafs.
- **Millet** is grown around the world, with the largest amount being produced in India and Africa. Because millet is so popular in these regions, many of their grain and bread products are made from millet. Millet is gluten-free and also contains a high amount of magnesium. Millet can be used in breads, pilafs, and soups. It can also be eaten as a hot breakfast cereal.

Descriptions of Whole Grain Samples (continued)

- **Whole Oats** are also called **oat groats**. Whole oats are created when newly harvested oats are cleaned and their inedible shells are removed. This type of oat is available at many grocery stores. Whole oats take 45 minutes to 1 hour to cook and have a distinctive nutty flavor. Because whole oats still contain the bran, the germ, and the endosperm, whole oats are nutritionally rich in fiber and protein.
- **Oatmeal** comes in a variety of forms, including steel-cut oats, rolled oats, quick-cooking oatmeal, and instant oatmeal. Rolled oats are created by steaming and rolling whole oats. By rolling the oats, the oats cook faster. Quick-cooking oatmeal and instant oatmeal varieties use oats that are steamed for longer and rolled even thinner so they can be ready to eat in just a few minutes. The nutrition content of each product is very similar; however, the time it takes to prepare the oatmeal and how they taste do differ among the varieties.
- **Popcorn** is a cereal grain, and it is the only type of corn that can be popped. The popcorn kernel needs heat to pop, so popcorn is commonly popped in the microwave or on the stovetop. While popcorn is most known as a movie theater treat, it can also be a nutritious after-school or night time snack. One cup of popcorn (without added butter) contains only 30 calories and provides 1 gram of fiber. Popcorn is usually gluten-free, but some popcorn products have added flavorings that contain gluten, so it is best to check the ingredients.
- **Quinoa** (pronounced as keen-wah) is rich in nutrients, including fiber, B vitamins, and magnesium. It is also a complete protein because it contains all 9 essential amino acids. Quinoa is gluten-free and can be eaten hot as a breakfast cereal or dinner side-dish or eaten cold in a vegetable or grain salad. Quinoa can also be ground into flour and used in many baked good recipes.
- **Whole Wheat** is one of the most produced grains in the world. While most wheat consumed today is refined, whole wheat contains more protein and fiber than refined wheat. Whole wheat is most commonly eaten as flour in breads and other baked goods, as bulgur, as wheat berries (whole wheat kernels), and as pasta or couscous.
- **Wild Rice** is a difficult crop to grow, which is why wild rice is usually more expensive to buy than white or brown rice. Compared to other whole grains, wild rice is high in protein and contains fiber and many vitamins. Because of its nutty but neutral flavor, wild rice is a tasty side dish. Wild rice can also be used in soups, casseroles, and hot and cold salads. It is also gluten-free.

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