

# September Wellness



## Healthy Whole Grains

By: Kayla Michel, MS, RD/LD

September is National Whole Grains Month.

Grains are one of the food groups most of us should try to incorporate at each meal. Grains come either whole, refined or a mixture of the two. Some people enjoy the taste of refined grains and others prefer whole grains. The USDA recommends that at least half the grains we eat be whole grains.

**Whole grain** means the whole kernel of the grain is still intact. Because they still have the whole kernel, these grains contain more fiber, iron and B vitamins. Whole grains include barley, brown and wild rice, buckwheat, bulgur, millet, oatmeal, popcorn, quinoa and whole-wheat bread, pasta and crackers.

Refined grains, on the other hand, are milled, which means part of the kernel has been removed. Refined grains may come enriched, which means iron and B vitamins are added back to the grains after they are milled, but fiber is not. Some examples of refined grains include breakfast cereals, cookies and snack foods made with white flour and white bread, rice and pasta.

According to [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org), ways to get more whole grains into your diet include substituting whole-wheat flour for half of the flour when baking, replacing 1/3 of the flour in a recipe with quick oats or old-fashioned oats or stirring a handful of rolled oats into yogurt (no cooking required).

It's important to eat whole grains because they are less processed and provide you with more vitamins, minerals AND fiber. Whole grains have shown to help maintain weight and lower the risk of stroke, diabetes and cardiac disease. When choosing grains, you should choose whole grain options as much as possible. If you don't already, try eating at least half of your grains whole. You might be surprised at the flavorful whole grain options available!

# RECIPE OF THE MONTH

By: Gena Webb

## Spiralized Sweet Potato Hash

1 sweet potato, peeled and spiralized

1 yellow onion, peeled and spiralized

1 box Portobello mushrooms

1 T garlic, minced

1 tsp red pepper flakes

2 T coconut oil

salt to taste

### Directions:

Melt coconut oil with garlic in a sauce pan over high heat. Once melted, add all remaining ingredients to the pan and cover. Cook on medium heat, stirring often until tender.