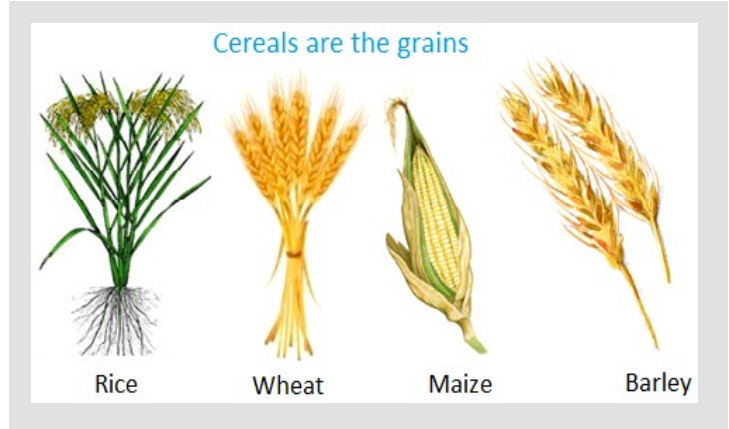


Blue Sky FHT Newsletter - Focus on Grains

Great Grains

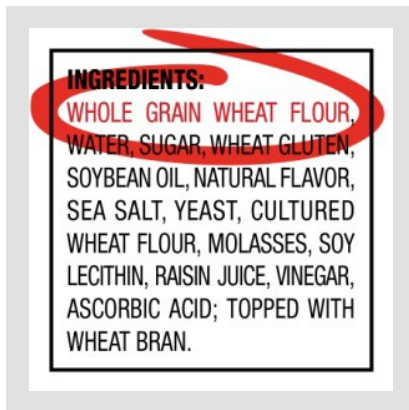
Grains offer a variety of nutrients including B vitamins, minerals (like iron and magnesium) and carbohydrates like fibre and starch. A diet rich in whole grains can reduce risk of heart disease, obesity and some forms of cancer.



Choosing Healthy Grains

Look for ingredients like "whole grain whole wheat flour", "whole rye", "whole oat" or "oatmeal", "whole corn", "whole barley" and other grains that start with "whole".

Choose grains with more fibre.



Grain (1/2 cup Cooked) Fibre (g)

| | |
|----------------------|-----|
| Wheat berries | 4.3 |
| Quinoa | 2.7 |
| Bulgur | 2.7 |
| Oat Bran | 2.4 |
| Whole Wheat Pasta | 2.4 |
| Oatmeal, large flake | 2.4 |
| Barley | 2.0 |
| Wild Rice | 1.6 |
| White Pasta | 1.4 |
| Rice Noodles | 0.9 |
| Couscous | 0.7 |
| Instant rice | 0.5 |



Overnight Apple Pie Oatmeal

Makes 2 cups

Ingredients:

- 3/4 cup Plain 1% yogurt
- 1/4 cup milk
- 1 tsp pure maple syrup
- 1/2 tsp vanilla
- 1/4 tsp ground cinnamon
- 1 apple, cored and finely diced
- 1/2 cup large flake oats

| Nutrition Facts | |
|-----------------|---------------|
| For 1 cup | |
| Amount | % Daily Value |
| Calories | 210 |
| Fat | 2.5g |
| Saturated | .5g |
| + Trans | 0g |
| Cholesterol | 3.2mg |
| Sodium | 81mg |
| Carbohydrate | 38g |
| Fibre | 4.2g |
| Sugars | 17.5g |
| Protein | 9.6g |

Directions:

1. In a bowl, whisk together yogurt, milk, maple syrup vanilla and cinnamon.
2. Stir in apple and oats until well combined
3. Cover and refrigerate overnight.

More great recipes like this one can be found at
<http://www.cookspiration.com/>

Are you Following a Special Diet?

Do you need to avoid certain grains or foods for an allergy or intolerance? Ask for a referral to see a Registered Dietitian.



Family Health Team
Équipe de santé familiale