It's Getting Easier To Go With The Grain

by Cynthia Hartman, Director, Whole Grains Council

(NAPSA)—There's good news for those who want to incorporate more whole grains into their diet. Thanks to innovative menu planning and a growing number of products, it's getting easier for consumers to include whole grains on a regular basis.

The U.S. Department of Agriculture’s Daily Food Guide and MyPyramid includes recommendations for incorporating whole grains into your diet. Eating a variety of whole grains helps assure you get a good balance of nutrients.

The USDA research has indicated that the majority of whole grain servings are consumed at breakfast, followed by snacks. Whole grain is also a key component of America'strénd meal at each of these meals account for only 15 percent of daily whole grain intake. Fortunately, with a little creativity, it's possible to find a number of ways to add whole grains to a family's diet. Here are 10 quick tips:

• Buy quick-cooking whole grain pasta or rice side dishes for dinner.
• Make risottos and pilafs with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
• Enjoy whole grain salads like tabbouleh.

Eating whole grain rice and pasta side dishes can be an excellent way to get more whole grains into your diet.

• Try whole grain breads. Kids especially like whole grain pita bread.
• Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite chicken or homemade soup.
• Substitute half the white flour with whole-wheat flour in your regular recipe for cookies, muffins, pancakes and waffles.
• Add half a cup of cooked bulgur, wild rice or barley to bread stuffing.
• Use whole corn meal for corn cakes, corn breads and corn muffins.
• Look for cereals made with grains such as amaranth, kasha (buckwheat) or groats.
• Snack on multigrain chips and crackers or air-popped popcorn.

To avoid money going down the drain, home improvement experts suggest installing products made specifically to stand up to the hard wear and tear that kitchens and baths are exposed to. For instance, homeowners can find numerous types of fixtures and appliances that feature a powder-coated finish. This innovative finish is tough against corrosion and protects items against chipping, scratching and moisture deterioration. To learn more, visit www.powdercoating.org/305.

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Reading aloud may be the single most important activity that parents can do to help prepare their children to become future readers. Experts at the Kumon Math and Reading Centers say reading aloud makes reading fun and therefore something they're more likely to do on their own. For a list of tips for parents, visit the Web site or call 1-800-466-6565.