Whole Grains

Recipe provided by Alice Henneman, MS, RDN, Extension Educator

Whole grains are rich in fiber, vitamins, and minerals. Making sure you eat whole grain foods each day helps to prevent heart disease, cancer, diabetes, and constipation, and helps to control weight control.

Healthier grain products have a whole grain as the first or second ingredient on the Nutrition Facts Label. When comparing similar grains, look at the Nutrition Facts Label and choose those with more fiber.

- Eat at least 1 whole grain food everyday!
- Choose whole grain bread for sandwiches!
- Eat snacks like popcorn and whole grain crackers.

Source: Choose Health, Food, Fun, and Fitness, Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 2013.

Berry Good Overnight Oatmeal

- Oatmeal (old-fashioned or quick-cooking)
- Milk
- Yogurt (any flavor)
- Frozen or fresh berries

1. Wash hands with soap and water.
2. Beginning with 1/2 cup oatmeal, add 1/2 cup of each ingredient.
3. Throughly mix all ingredients prior to placing in refrigerator overnight.
4. Wake up in the morning to a delicious and nutritious breakfast. Makes 1 serving.

For more information check out Nebraska Extension website: https://food.unl.edu