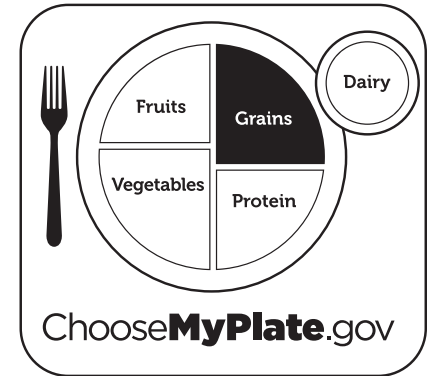


# Make Half Your Grains Whole

During the upcoming holiday season, we often enjoy stuffing, breads and other delicious grain foods. Did you know you can make your holiday dishes healthier by swapping in some whole-grain ingredients?



## Grains are divided into two subgroups: whole grains and refined grains.

Whole grains contain the entire grain kernel, including the bran, germ and endosperm.

Refined grains usually contain only the endosperm, the starchy part, which leaves out a lot of fiber, vitamin E and other nutrients.

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

## Try these 10 tips from [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to help you eat more whole grains:

- 1. Make simple switches.** Try using 100 percent whole-wheat bread when making stuffing. Have a turkey sandwich on whole-wheat bread instead of white. Have brown rice instead of white rice as a side dish.
- 2. Have whole-grain snacks.** Try popcorn with a sprinkle of chili powder or garlic powder instead of butter or salt. Try 100 percent whole-wheat crackers.
- 3. Save some time.** Cook extra brown rice or whole-grain barley when you have time. Freeze the rice or barley in meal-sized or recipe-sized amounts to serve later as a side dish.
- 4. Mix it up with whole grains.** Add some barley to vegetable soup or stew. Add some bulgur wheat to casseroles or stir-fries.
- 5. Try whole-wheat versions.** When you make a casserole with rice or pasta, try brown rice or whole-wheat macaroni.
- 6. Bake some whole-grain goodness.** Try substituting whole-wheat flour for up to half of the flour in pancake, waffle or muffin batter. Try other types of flour, such as oat or buckwheat flour.
- 7. Be a good role model for children.** Set a good example by serving and eating whole grains every day with meals or as snacks.
- 8. Check the label for fiber.** Use the Nutrition Facts label to see the fiber content of foods. "Good" sources of fiber have 10 to 19 percent of the Daily Value, or 2.5 grams of fiber per serving. An "excellent" source of fiber contains 20 percent or more of the Daily Value.
- 9. Know what to look for on the ingredient label.** Read the ingredient list and choose products that name a whole-grain ingredient first on the list. Look for terms such as "whole wheat," "oatmeal," "brown rice," "bulgur," "whole-grain barley," "whole-grain cornmeal" or "whole oats."
- 10. Be a smart shopper.** Remember that the color of a food is not an indication that the food is whole grain. Foods labeled as "multi-grain," "stone-ground," "cracked wheat" or "seven-grain" may not contain any whole grain.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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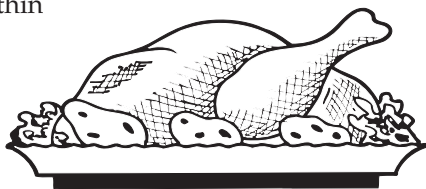
I am making the turkey, stuffing and gravy for our Thanksgiving dinner. I bought a very large bird, and I think we'll have a lot of leftovers. Do you have any tips?

Leftover turkey can be used in many ways. If you have a favorite recipe containing chicken, substitute turkey. Try your leftover turkey in white chili, whole-wheat pitas with chopped lettuce and apples, or your favorite casseroles. How about creamed turkey over baking powder biscuits? Try making hot turkey sandwiches by topping whole-wheat bread with leftover mashed potatoes, gravy and turkey.

First, though, remember these food safety tips. Safe leftovers result from safe food preparation. Be sure you have an accurate food thermometer to measure temperatures. These are available in grocery stores and other places.

- You can stuff the bird loosely right before you put it in the oven. Be sure the stuffing reaches a temperature of 165 F.
- Roast a turkey to an internal temperature of at least 165 F. Use a food thermometer to measure the temperature in the thickest part of the thigh muscle, being sure the thermometer does not touch the bone. The juices should run clear, too.
- Remove the stuffing and debone the turkey before chilling.
- Store leftovers in shallow containers. Refrigerate the turkey immediately after the meal and within two hours of cooking.
- Serve refrigerated leftover turkey within four days. Serve leftover stuffing and gravy within two days.
- Freeze cooked turkey in recipe-sized amounts at 0 F or below. For best quality, use within four months of freezing.

You can learn more about safely cooking and serving a turkey in this publication: [www.ext.nodak.edu/food/flightbac.pdf](http://www.ext.nodak.edu/food/flightbac.pdf).



## Tip of the Month

If you have leftover canned food, such as pumpkin, don't throw it away. You can store it in your refrigerator for four days. Use leftover pumpkin to make pumpkin pancakes or a pumpkin smoothie. Or freeze it for next time. Label a freezer container or freezer bag with the name of the food, amount and date you froze it.

(Provided by Jean Noland, Grand Forks County)

## Pumpkin Chocolate Chip Muffins

- 1½ c. all-purpose flour, or 1 c. all-purpose flour and ½ c. whole-wheat flour
- ¼ c. ground flaxseed or wheat germ (optional)
- 2 tsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. salt
- 1 c. canned pumpkin
- 2 large eggs, beaten
- ½ c. packed brown sugar
- ⅓ c. canola oil
- ½ c. skim milk
- 1 tsp. vanilla
- ½ c. mini chocolate chips



1. Preheat oven to 350 degrees.
2. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. Whisk together the flour, flaxseed or wheat germ (optional), baking powder, cinnamon and salt in a large bowl.
4. In a separate bowl, combine the pumpkin, eggs, sugar, oil, milk and vanilla; stir well.
5. Pour the pumpkin mixture over the flour mixture and stir until just moistened. Stir in the chocolate chips.
6. Spoon the batter into the muffin cups. Bake 20 to 23 minutes or until lightly browned.
7. Let cool five minutes. Remove muffins from pan and cool completely.

Recipe adapted from: [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)

Makes 12 muffins. Without flax, each muffin has 220 calories, 10 grams (g) fat, 4 g protein, 29 g carbohydrate, 1 g fiber and 160 milligrams sodium

## Just for Fun

Why do pumpkins never quarrel?  
Because they have no stomach for fighting.

Julie Garden-Robinson, Food and Nutrition Specialist

### McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition,  
food purchasing or food safety.



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