

# *FCS* Nutrition Food For Thought

## Fulton's Fall Nutrition Facts



### WHAT ARE WHOLE GRAINS



Whole grains are foods that have not been processed and contain the entire seed grain. Consuming enough whole grains (and foods made with whole grains) each day can help reduce your chances of developing type 2 diabetes, certain types of heart disease, and can help you maintain a healthy body weight. Your goal should be to eat at least three servings of whole grains and whole grain foods each day.

### Tips To Help You Eat Whole Grains

Choose foods that list one of the following as the first ingredient on the label's ingredient list: whole wheat, whole oats, whole rye, whole-grain corn, wild rice, brown rice, oatmeal, or bulgur. Foods labeled with the words "multigrain", "stone-ground", "100% wheat", "cracked wheat", "bran", or "seven-grain" are usually not whole-grain products. Color is not an indication of a whole grain. Bread can be brown due to added ingredients like molasses. Read the ingredient list to see if it is a whole-grain. Choose foods with a high % Daily Value for fiber. The % DV for fiber is a good clue to the amount of whole grain in the product. Try brown rice for a change. When baking substitute up to half of the flour with whole wheat or oat flour. Use whole-grain bread crumbs for dishes that call for breading. Snack on whole-grain cereals. Try whole-grain chips that are baked. Popcorn is a whole-grain and a healthy snack with little or no added butter or salt.

### NATIONAL SCHOOL LUNCH WEEK OCTOBER 13-17, 2008

Vote for school lunch is back for the 2008 Presidential Edition. Students will have the opportunity to vote for their favorite lunch entrée during National School Lunch Week. The candidates are Petunia's Patriotic Pizza Pak, Gloria's Grilled Cheese Sandwich, Pete's Presidential Cheese Pizza, and Biff's Ballot Buster Burger.

#### PUMPKINS

##### Don't Throw Out Those Seeds

Pumpkins are loaded with beta-carotene which is converted to Vitamin A in the body. Research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and protects against heart disease. Pumpkins can be used to make soups, pies, and breads. Roasted pumpkin seeds are a great snack. When carving a pumpkin this month wash the seeds and lay on paper towels to dry. Spray a baking pan with nonstick pan coating and spread the pumpkin seeds in a single layer. Spray the seeds with a light coating of nonstick spray. Bake the seeds for 45 minutes at 250 degrees. Remove from oven and salt lightly. Let seeds cool and enjoy.