

**Week Five:****Nutrition Strategy: Add in Rice & Try a New Whole Grain****Whole Grain Facts**

Amaranth	High level of complete protein (16%); contains lysine, an amino acid missing or negligible in many grains. Amaranth is gluten free.
Barley	Fiber is especially healthy; may lower cholesterol even more effectively than oat bran. 1 inch equals 3 barley seeds.
Buckwheat	Only grain with high levels of antioxidant called rutin; improves circulation and prevents LDL cholesterol from blocking blood vessels.
Bulgur	When wheat kernels are boiled, dried, cracked, then sorted by size the result is bulgur. Has more fiber than quinoa, oats, millet, buckwheat or corn. Quick cooking time and mild flavor.
Corn	Eating corn with beans creates a complementary mix of amino acids that raises the protein value to humans. Has the highest level of antioxidants of any grain or vegetable – almost twice the antioxidant activity of apples.
Farro/ Emmer	Not used except to make pasta.
Kamut	Has higher levels of protein than common wheat and more vitamin E.
Oats	Oats almost never have their bran or germ removed during processing; therefore, if you see oats or oatbran you are guaranteed it's a whole grain. Oats contain a special kind of fiber called beta-glucan found to be especially effective in lowering cholesterol. Oats also have a unique antioxidant, avenanthramides, that helps protect blood vessels from the damaging effects of LDL cholesterol.
Quinoa	Is a complete protein – it contains all of the essential amino acids our bodies need.
Rice	The most easily digested grain; this is why it is the first cereal recommended for a baby. Rice is gluten free.
Rye	The type of fiber in rye promotes a rapid feeling of fullness, making rye foods a good choice for those trying to lose weight.
Sorghum/ Milo	Gluten free.
Teff	Primarily eaten in Ethiopia; teff has twice the amount of iron of other grains and three times the amount of calcium.
Wheat	The most popular whole grain in the USA. Primarily consumed in breads.

Wild Rice	Twice the amount of protein and fiber as brown rice, but much less iron and calcium.
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Rice Substitutes: Broccoli Slaw, Cabbage Slaw, Quinoa