

Reap the Benefits of Whole Grain

Why eat whole grains?

Whole grains are packed with nutrients, including protein, fiber, B vitamins, antioxidants, and trace minerals. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer. Whole grains can also improve bowel health by helping to maintain regular bowel movements and promote growth of healthy bacteria in the colon.

What is a whole grain?

A whole grain contains all edible parts of the grain, including the bran, germ, and endosperm. That is why it is important to check the ingredient list for the word “whole” preceding the grain (such as “whole wheat flour”). The whole grain should be the first ingredient in the list. Also look for the Whole Grain Council’s whole grain stamp, which shows how many grams of whole grains are in each serving.

HOW TO ADD 3 SERVINGS OF WHOLE GRAINS TO YOUR DIET EVERY DAY:

- Start your day with a bowl of whole grain cereal.
- Choose whole grain breads and crackers.
- Eat popcorn for a snack.
- Chose brown rice, whole wheat or blended pasta.
- Add whole grains to baked goods.
- Experiment with different grains. Try risottos, pilafs, whole grain salads and other grain dishes made with whole grain corn, whole oats or oatmeal, popcorn, brown rice, wild rice, buckwheat, pearl barley, triticale, amaranth, bulgur, millet, quinoa, sorghum, spelt, and teff.

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 444-9169

Toledo, Trinity United Methodist

Friday (541) 336-2450

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796