

September is National Whole Grains Month

Whole grains, or foods made from them, contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. Did you know that there is an effortless way to tell if a food is made with whole grains? The Whole Grain Stamp is very easy to spot on food packages. There are three different varieties of the Whole Grain Stamp:

- The 100% Stamp is for products where ALL the grain is whole grain. It must have 16g of whole grain per serving.
- The 50%+ Stamp is for products where at least 50% of the grain is whole grain. It must have at least 8g of whole grain per serving.
- The Basic Stamp is for products containing significant amounts of whole grain, but less than 50% of grain is whole grain. It must have at least 8g of whole grain per serving.



Eating Whole Grains Away from Home

Here are just a few popular chain restaurants that have added whole grain options to their menus:

Arby's – Market Fresh Bread with Oat Topping, Honey Wheatberry Market Fresh Bread

Bob Evans – Power Oatmeal Bowl, Harvest Chicken Power Bowl (with quinoa)

Bruegger's Bagels – Whole wheat bagel can be used on any sandwich and they also served Chicken and Wild Rice Soup

Carrabba's – Whole grain spaghetti available on all Signature pastas

Chipotle – Whole grain tortillas, wraps, and brown rice

IHOP – Whole grain crepes, waffles, pancakes, and oatmeal

Moe's – Whole grain tortillas

Olive Garden – Whole wheat linguini is available on any pasta dish

Red Robin – Whole grain bun is available

Subway – 9- Grain Wheat Bread is an option

You can find your favorite place when on the road by visiting:

<https://www.healthydiningfinder.com/>

Whole Grain Pita Pizza

Serves 2

This healthier alternative to restaurant pizza is a great activity to do with kids!

2 Round 6-7" whole wheat pitas
 6 oz. Spaghetti sauce
 3 oz. Part-skim shredded mozzarella cheese
 1 cup Chopped vegetables (onions, peppers, mushrooms, spinach, olives, ... your choice!)
 Drizzle of olive oil
Optional- Add small bits of cooked Italian chicken or turkey sausage

Preheat oven to 350°F. Spread half the sauce on each pita.

Top each pita with cheese and the chopped vegetables of your choice. Drizzle with the olive oil.

Bake at 350° for 15 minutes on a pizza pan or cookie sheet.

