

Health Benefits of Whole Grains



Whole grains lower the risk of cardiovascular disease

Whole grain foods help decrease cholesterol levels, blood pressure and blood coagulation. Barley & oats are especially helpful in lowering cholesterol levels.

Whole grains lower the risk of type 2 diabetes

Whole grains slows digestion of all carbohydrates, thus reducing the rise in glucose and insulin. This is beneficial to diabetics & persons who experience insulin resistance. Barley has a very low glycemic index

Whole grains help regulate body weight

Repeated studies have shown that people who eat more whole grains tend to gain less weight. This may be because whole grains require chewing and are digested slowly, both of which contribute to feelings of fullness and delay the return of hunger.

Whole grains help promote regular bowel functions

This may also contribute to the reduction in cancer risk, as constipation allows cancer promoting toxins more time to interact with the lining of the intestines.

3-A Day

WHOLE GRAINS

2005 Dietary Guidelines Key Recommendations

One of the key recommendations in the 2005 Dietary Guidelines was for individuals to consume 3 or more servings of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked barley, rice or pasta.

On average people consume less than 1 serving of whole grains per day.

At least 1/2 the grains should come from whole grains

What is a Whole Grain?

Whole grains, as well as foods made from them, consist of the entire grain seed, usually called the kernel. The kernel is made of **3 components**—the bran, the germ, and the endosperm.

If the kernel has been cracked, crushed or flaked, then it must retain nearly the same relative proportion of bran, germ, and endosperm as the original grain to be called whole grain.

Source: Dietary Guidelines for Americans, 2005

Finding the Whole Grain At the grocery store

Whole grains cannot be identified by the color of the food; label reading skills are needed. Make an informed choice by using the fiber information on food labels.

For many whole-grain products, the words “whole” or “whole grain” will appear before the grain ingredient’s name. The whole grain should be the first ingredient listed.

“100% Wheat”, “Multigrain”, and “Stone Ground” does not mean that it comes from whole grains.

Source: Dietary Guidelines for Americans, 2005

Barley Whole Grain Goodness

Barley is naturally cholesterol free and low in fat. For example a 1/2-cup of serving of cooked barley, a typical grain serving recommended by the USDA, contains less than 1/2 gram of fat and only 100 calories.

Source: USDA Nutrient Database for Standard Reference Release 12 (Nov. 1999)

Types of Whole Grains

The whole grains are listed in approximate order of amount consumed.

Whole wheat

Whole oats/
oatmeal

Whole-grain
corn

Popcorn

Brown rice

Whole Rye

Barley

Wild rice

Buckwheat

Triticale

Bulgur

Millet

Quinoa

Sorghum

Source: Agriculture Research Service
Database for CSFII 1994-1996

3-A Day

WHOLE GRAINS

BREAKFAST
LUNCH
DINNER



BREAKFAST

Barley Breakfast Starter

Greet the morning with delicious hot barley cereal. To prepare, combine 1 cup pearl barley with 3 cups apple juice, 1 tsp. cinnamon and a dash nutmeg. Bring to boil; cover. Reduce heat and simmer 45 minutes or until tender. Serve hot with milk or light cream and a sprinkling of brown sugar or maple syrup.

Short on time in the morning? Prepare Barley Breakfast Starter the night before and refrigerate. Heat quickly in the microwave just before serving time. For variety, replace apple juice with orange juice, apricot nectar or pineapple juice.

Make 5 to 6 servings.

Barley can be cooked ahead of time and stored in the refrigerator for up to a week or use quick cooking barley

Barley Breakfast Hash

1 cup pearl barley
3 cups chicken broth
12 ounces bulk turkey sausage
1/2 cup chopped onion
1/4 cup snipped fresh parley leaves
4 eggs
Salt & pepper

In medium saucepan, bring chicken broth to boil. Add barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set cooked barley aside. Crumble sausage into large skillet. Add chopped onions; sauté over medium heat until sausage is browned. Drain off fat. Add cooked barley and parsley to sausage. Stir and continue to cook until barley begins to brown. Spoon barley-sausage mixture into 4 ramekins or other oven-safe single-serving dishes. Break an egg over each serving. Season with salt and pepper. Bake in 375° F oven for 10 minutes or until eggs are set. *Make 4 servings*

LUNCH

Barley Bean Toss

Salad

1 cup pearl barley
3 cups water
1 can (15-1/4 ounces) kidney beans, drained
2 can (15 ounces) mandarin oranges, drained
2/3 cup finely chopped red onion
1/2 cup chopped red bell pepper
1/2 cup chopped green bell pepper
3 tablespoons chopped fresh cilantro leaves

Dressing

2/3 cup white wine vinegar
1/3 cup olive oil
2 tablespoons granulated sugar
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon chili powder
1 teaspoon dry mustard
10 drops red pepper sauce

In medium saucepan, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Combine cooked barley with remaining salad ingredients in large bowl; set aside. In small saucepan, combine dressing ingredients. Heat until dressing bubbles. Pour hot dress over salad. Cover and refrigerate at least 4 hours or overnight to allow flavors to blend. *Makes 8 servings.*

Cooking Tips

Big Batches. Cook a big batch of barley at the beginning of the week, then use it day by day.

Leftovers. Leftover barley can be added to soups, or made into quick salads by adding chopped vegetables or fruit and a little dressing.

Not Much Time to Cook? Quick cooking barley is ready in 10 minutes.

Broth. Except at breakfast, consider cooking barley in broth for added flavor.

DINNER

Chicken Barley Stir-Fry

2 teaspoons olive oil
2 cups cooked pearl barley
1-1/2 cups cooked & cubed chicken
1/2 cup finely chopped red bell pepper
1/2 cup sliced green onion
3 eggs
1 teaspoon garlic salt
1/2 teaspoon ground ginger
1 tablespoon low-sodium soy sauce
1/4 cup slivered almonds toasted

Heat oil in large skillet over medium-high heat. Add barley, turkey, bell pepper and onion. Stir-fry 4 to 5 minutes. In small bowl, beat together eggs, garlic salt and ginger. Add to barley-chicken mixture, stir-frying until egg mixture is cooked. Sprinkle on soy sauce and almonds. Stir to combine and serve. *Makes 8 servings.*

Barley Lentil Soup

2 to 3 cloves garlic, finely chopped
1 cup chopped onion
2 medium carrots, peeled and chopped
1 stalk celery, chopped
7 cups chicken broth
1 1/2 cups mushrooms, sliced
1 cup lentils, rinsed
1/2 cup pearl barley
1 tablespoon tomato paste
1-1/2 teaspoons dried leaf thyme
1 teaspoon curry powder
1 tablespoon finely chopped parsley
2 tablespoons fresh lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper

In a saucepan, add olive oil, onion and garlic; sauté four minutes, stirring occasionally. Add carrots and celery; sauté 3 minutes longer, stirring occasionally. Mix in 6 cups broth, mushrooms, lentils, barley, tomato paste, thyme, and curry powder. Bring to a boil. Reduce heat and simmer 60 to 70 minutes or until lentils and barley are tender. Blend in remaining broth, lemon juice, Worcestershire sauce, salt and pepper.