

## In the Spotlight

### “Grains”



### The Reality Is:

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is considered a grain product.

The grains food group is divided into subgroups: whole grains and refined grains. When choosing grains to be part of your meal, make half your grains whole for more nutrition.

Refined grains are milled to create a finer texture, but this process removes fiber, iron and many vitamins that are important to your body. Refined grain products include foods like white bread and white rice.

Foods that are considered whole grains contain the whole grain kernel, keeping all the good fiber, iron and vitamins that are good for your body. Examples are:

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole Cornmeal
- Brown Rice

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

## Winter Workouts



The big, bulky clothes of winter often provide more than just warmth, they give us a place to hide the extra winter weight we're carrying. Don't let the cold months of winter be an excuse to cut back on your exercise routine.

Not everyone has a gym membership, so once the weather turns cold activities such as jogging, walking, biking or swimming are more difficult to take part in. Consider these calorie burning activities to stay active during cold winter months:

- Walk your local mall.
- Take the stairs whenever possible instead of an elevator or escalator.
- Walk around your office during your lunch or coffee break.
- Don't wait for spring for a thorough house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet or clean out your closets.
- Rent an exercise video or DVD rather than a movie.

Aim for a goal of 30 minutes of moderate activity most days of the week and you'll be on your way to keeping winter weight gain at bay.

*Produced by ADA's Public Relations Team*

## Family Friendly Recipes

### Super Duper Shakin' Snack Mix – 3 Servings

#### WHAT'S IN IT?

- 1 cup mini pretzels
- 1 cup white cheddar cheese or cheese flavored popcorn
- 1/2 cup puffed wheat or other mini wheat cereal
- 1/4 cup cashew halves and pieces or peanuts, lightly salted
- 1/4 cup raisins

#### HOW TO PUT IT TOGETHER

1. Into a large-size bowl, dump each ingredient from a dry measuring cup.
2. Toss the ingredients together by shimmyin' and shakin' the bowl!
3. Throw the snack mix into 3 sealable, sandwich-size plastic bags.
4. Grab it as a speedy snack on the go!

Why it is good for you: Source –www.kidnetic.com

Per serving:  
200 Calories, 9 g Total Fat, 2 g Saturated Fat, 0 mg Cholesterol, 460 mg Sodium,  
27 g Total Carbohydrates, 2 g Dietary Fiber, 10 g Sugars, 5 g Protein, 4% Vitamin A, 4% Vitamin C, 2% Calcium, 10% Iron