



THE Wellness JOURNEY

on the road to good health

October 2009

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

The whole truth about whole grains

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. Whole grains haven't had their bran and germ removed by milling, making them good sources of fiber — the part of plant-based foods that your body doesn't digest. Among many health benefits, high-fiber foods also tend to make you feel full longer.

Refined grains, such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back into refined grains after the milling process, they still don't have as many nutrients as whole grains do, and they don't provide as much fiber naturally.

The following, when consumed in a form including the bran, germ and endosperm, are examples of whole grain foods and flours:

- Barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Wheat
- Wild rice

When in doubt, check the label. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list. Try to choose items with at least 3 grams of dietary fiber per serving.

The [Dietary Guidelines for Americans](#) recommend that **all adults eat at least half their grains as whole grains** – that's at least 3 to 5 servings of whole grains. Even children need 2 to 3 servings a day or more.

Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium.

Many whole-grain foods come ready to eat. These include a variety of breads, pastas and ready-to-eat cereals.

TESSA'S HEALTH TIPS

Remember The 3 C's

- Clean your hands frequently
- Cover your coughs and sneezes with a tissue or your sleeve; and
- Contain germs by staying home when ill

Plan Ahead

Plan for a possible illness and make arrangements ahead of time. By staying home when ill, you will get the rest you need to recover and you'll help keep others healthy.

Get Vaccinated

Vaccination is the best protection against contracting the flu. Henry County Public Health is offering children and adult flu shots every Wednesday and Thursday from 1 pm to 4 pm and the first Thursday of every month from 1 pm to 6 pm. Call 385-6724 for more information.

Stay home

If you are sick, plan to stay home for seven days after your symptoms begin or until you

Whole lot of health benefits

Eating whole instead of refined grains substantially lowers total cholesterol, low-density lipoprotein (LDL, or bad) cholesterol, triglycerides and insulin levels. These changes reduce the risk for cardiovascular disease.

There are many other health benefits to a diet rich in whole grains, as well. Studies show that whole grains can help reduce the risk of stroke, heart disease and type 2 diabetes. They can also contribute to better weight management, lower the risk of colorectal cancer, improve blood pressure levels and reduce the risk of asthma.

Ways to enjoy more whole grains

Try these tips for adding more whole grains to your meals and snacks:

Make Easy Substitutions

- Enjoy breakfasts that include high-fiber cereals, such as bran flakes, shredded wheat or oatmeal.
- Substitute whole-wheat toast or whole-grain bagels for white bread or plain bagels. Substitute low-fat, bran muffins for pastries.
- Make sandwiches using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions.
- Replace white rice with kasha, brown rice, wild rice or bulgur.
- Feature wild rice or barley in soups, stews, casseroles and salads.
- Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra body.
- Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.

You can easily add whole grains to your meals, often using favorite recipes you've always enjoyed.

Try some of the following:

- Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes. Or be bold and add up to 20% of another whole grain flour such as sorghum.
 - Replace one third of the flour in a recipe with quick oats or old-fashioned oats.
 - Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or home-made soup.
 - Use whole corn meal for corn cakes, corn breads and corn muffins.
 - Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
 - Stir a handful of oats in your yogurt, for quick crunch with no cooking necessary.
 - Look for cereals made with grains like kamut, kasha (buckwheat) or spelt
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Try New Foods

- Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- Enjoy whole grain salads like tabbouleh.
- Buy whole grain pasta, or one of the blends that's part whole-grain, part white.
- Try whole grain breads. Kids especially like whole grain pita bread.

have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.



FUN FOR FALL!

Grab a jacket and head outside for fun this fall! Even chores like raking leaves can be a healthy, family activity. Make a contest out of it, and the winner gets to jump in the pile of leaves first! Explore a nature trail, or take a family walk. While the walks are still clear you can ride a bike or strap on rollerblades. There's still time to get in some tennis or shoot some hoops!



PRODUCE PICKS

Try something new this month from the produce aisle: crispy jicama or sweet starfruit. Both are healthy, tasty treats your family will enjoy! Add color to your lunch box or dinner plate with radishes, carrots, grapes and broccoli

Log on to learn more!

- <http://www.wholegrainscouncil.org/>
 - <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/health-gains-from-whole-grains/index.html>
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Super Snacks

Whole Grain No-Bake Granola Bars

Ingredients

2 cups puffed brown rice cereal (unsweetened)

2 cups old fashioned oats

1/4 cup roasted almonds, chopped

1/4 cup roasted sunflower seeds

1/2 cup shredded coconut

1/2 cup dried fruit, chopped

1/2 cup peanut butter

1/2 cup honey

1 teaspoon vanilla

1 cup mini chocolate chip (optional)

Directions

Combine cereal, oats, nuts, seeds, coconut and fruit in a large mixing bowl.

Heat the peanut butter, syrup, and vanilla in a small sauce pan until warm. Do not boil.

Pour the peanut butter mixture over the cereal mixture. Mix well with wooden spoon while syrup is still warm.

Pour mixture into a 9x13 pan. Pack the mixture down firmly with moist fingers or the bottom of another 9x13 pan sprayed with cooking spray.

Sprinkle on the mini chocolate chips, if using, and press them in firmly.

Cover with plastic wrap. Cool completely. Cut into 24 bars. Wrap individually and store in fridge.



All the gang from Peanuts were on hand for *It's the Great Pumpkin Patch Hike, Charlie Brown* at East Lake Park earlier this month. The family fun event was sponsored by Healthy Henry County Communities, Mount Pleasant Park and Rec, and the Wellmark Foundation.



MARK YOUR CALENDARS

SUNDAY, November 22
1:00-4:00 p.m.
Cottrell Gym
Mount Pleasant

Healthy Holidays
Family fun!

For more information on the Wellness Journey programming, topics or events, contact Tessa Yackle, Wellness Coordinator, at 319-385-6595 or by e-mail at yacklet@hchc.org.