

12 Smart Ways to Enjoy More Whole Grains

Looking for smart ways to enjoy more high-energy carbs? Whole grains are the tastiest place to start. These naturally nutrient-rich foods are easy to find on supermarket shelves. Choose products with a **whole grain** as the first ingredient. Look for whole wheat, whole wheat flour, whole rolled oats, brown rice, barley or some of the more exotic grains like amaranth, spelt or kamut.

1. **Whole grain breads and rolls:** 7-grain or 9-grain, honey wheat or rye – they all add chewy goodness to toast and your favorite sandwiches.



2. **Whole grain hot cereals:** Instant or regular, oatmeal and other multi-grain hot cereals help kick-start your energy level into high gear.

3. **Whole grain cold cereals:** Make a morning parfait with layers of crunchy cereal, fresh or canned fruit, and lowfat vanilla yogurt.

4. **Whole grain muffins:** Bran muffins are just the beginning. Try whole wheat muffins with blueberries or oatmeal with bananas and nuts.

5. **Whole grain pancakes:** Multi-grain or buckwheat pancakes are a luscious morning treat with fresh or frozen strawberries or applesauce.

6. **Whole grain pasta:** Check out what's new in the pasta aisle – new shapes and flavors made with whole grain goodness.

7. **Whole grain veggie burgers:** Most veggie patties are made from soybeans with cracked wheat, brown rice, barley and other yummy grains.

8. **Whole grain crackers:** Crispy crackers made from whole wheat flour are perfect with peanut butter or your favorite soup.

9. **Whole grains in soups:** Barley may be the best in soup, but whole brown rice is also very nice – especially with a variety of vegetables.

10. **Whole grains in salads:** Cracked wheat makes a super salad called tabouleh. Leftover brown rice goes great with dries cranberries and walnuts.

11. **Whole grains in snacks:** Create a tasty mix with whole grain cereal, dried fruit bits, sunflower seeds and almonds.

12. **Whole grains in desserts:** Oatmeal is an ideal companion for fruit in home-baked treats like apple crisp or oatmeal-raisin cookies.

