



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Wholesome Grains

You’re standing at the deli station, ready to make yourself a sandwich for lunch when you are faced with a crucial decision – which bread do you reach for? A Pita, a roll, white bread, or wheat bread? The Healthy Dining Team is here to help you with your choices. White bread and other refined grains, like white rice or pasta, are made using only one part of the grain. The refining process extends the shelf life, but it also strips away two components of the grain, which contain nutrients such as dietary fiber, B vitamins, vitamin E, and iron. While most people consume enough grains, not everyone eats adequate amounts of whole grains. Whole grains are kept whole or unrefined by maintaining all three components of the grain. Therefore, making the switch to 100% whole grain products such as whole wheat bread, brown rice, whole wheat pasta, and oatmeal can offer additional nutrients. Research also suggests that eating 100% whole grains may help reduce the risk of some chronic diseases and extend fullness. Keep reading to see how you can incorporate *oat-standing* whole grains into your everyday meals!

#### No Grain, No Game

- **If you’re new to whole grains, no need to start all at once.** Abruptly switching from a low-fiber diet to a high-fiber diet can cause temporary intestinal bloating as your gut adjusts to this change. To incorporate more fiber, start by slowly working whole grains into your diet such as mixing brown rice with white rice or going half and half with whole wheat and regular pasta. Eventually, aim to make *at least half of your total grains whole*.
- **Don’t be fooled by deceptive labeling.** A true whole grain product must have the word “*whole*” listed first in the ingredients and not just “wheat” or “multigrain”.
- **Don’t judge a grain by its color.** A brown grain product does not always mean it is whole wheat. For example, a brown appearance could result from caramel color added to bread or soy sauce added to white rice.

Here are some easy substitutes to integrate whole grain products into your diet:

INSTEAD OF:	TRY:
Blueberry muffin	Oatmeal with fresh blueberries
Frosted Flakes	Whole grain Cheerios
White bread	100% Whole wheat bread
Potato chips	Popcorn
White rice	Brown rice, wild rice, quinoa, or barley
White pasta	Whole wheat pasta

*Grab an umbrella, we’re about to make it grain!*

Reviewed By: Hannah Briggs

References: *Whole Grains*. Available at: <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/> Accessed on November 26, 2023. *Whole Grains: Hearty Options for a Healthy Diet* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826#:~:text=Whole%2Dgrain%20foods%20are%20good,heart%20disease%20and%20other%20conditions> Accessed on November 26, 2023.

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