

## Better Grain Choices

Whole grains contain fibre, antioxidants, vitamins and minerals. There are many benefits to eating whole grains, such as helping to:

- Keep your digestive system healthy
- Control blood pressure, cholesterol and blood sugars
- Control weight
- Reduce your risk of some cancers



Canada's Food Guide recommends that you make at least half of your grain choices whole grain every day. Some examples of whole grains include:

- Barley, oats, corn, quinoa, millet, rye, brown and wild rice
- Whole grain whole wheat (including bulgur, kamut and spelt)

## Eating More Whole Grains

- Choose whole grain breads, bagels, English muffins and tortillas.
- Eat brown or wild rice instead of white rice. You could also mix them together.
- Choose whole grain pasta instead of white.
- Add barley or quinoa to homemade soups.
- Start the day with whole grain cereal or oatmeal.
- Use whole grain flour or oatmeal in baking.
- Try ancient grains like bulgur, quinoa or millet.
- Snack on popcorn.



## Food of the Month

### Oats



You can buy many types of oats, from steel cut to instant. Each type of oat is processed differently, giving a unique texture. They are all healthy choices.

Follow package directions for cooking times.

- Eat as a hot cereal.
- Add to hamburgers, meatloaf and meatballs.
- Use as a crumb topping for vegetables, casseroles or fruit crisps.

## In Your Sobeys Store

Consider buying quinoa, brown rice, barley, or oats from the bulk department at Sobeys. You will be able to try whole grains in amounts suited to you.

## Overnight Oats



Serves 1

### Ingredients:

1 tbsp (15 ml)	Walnuts, chopped
1/3 cup (75 ml)	Oats, quick cooking
1/3 cup (75 ml)	Greek yogurt, vanilla, lower fat
1/2 cup (125 ml)	Milk, skim
1/2 cup (125 ml)	Raspberries, frozen, unsweetened
2 tsp (10 ml)	Chia seeds
1/2 tsp (2 ml)	Cinnamon

### Directions:

1. Toast walnuts in a dry frying pan until they become fragrant and start to brown.
2. Combine all other ingredients in a container. Cover and put in fridge overnight.
3. Sprinkle walnuts on the oats in the morning and serve cold.

### Nutrition Information per Serving:

Calories	372
Fat	11 grams
Carbohydrate	53 grams
Fibre	11 grams
Protein	19 grams
Sodium	85 milligrams

## Did you know?

Popcorn is a whole grain. One serving (2 cups) of air-popped popcorn is a source of fibre and makes a great snack. Try adding dried herbs or spices such as dill or onion powder to your popcorn instead of salt.

## Chef's Corner

### Tips for Cooking Whole Grains

- Double up when cooking whole grains such as quinoa, rice, bulgur, and barley. They freeze well and defrost easily.
- Cook the grain according to directions on package.
- Get more flavour by toasting grains in a dry frying pan just until they start to smell nutty.
- Use low sodium broth, stock or juice instead of water when cooking grains to add more flavour.



## Pharmacy Corner

### Supplement Savvy

Your Sobeys Pharmacist can help you choose a supplement to meet your needs. Consider these tips:

- Choose a product with a DIN, NPN, or DIN-HM number on the label. This means the product meets Health Canada's standards for quality, safety and effectiveness.
- Avoid products that have "mega-doses" of any ingredient.
- Check that the supplement will not interact with other prescription or non-prescription medications you are taking. Ask your Sobeys Pharmacist for help with this.



### Hungry for more?

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