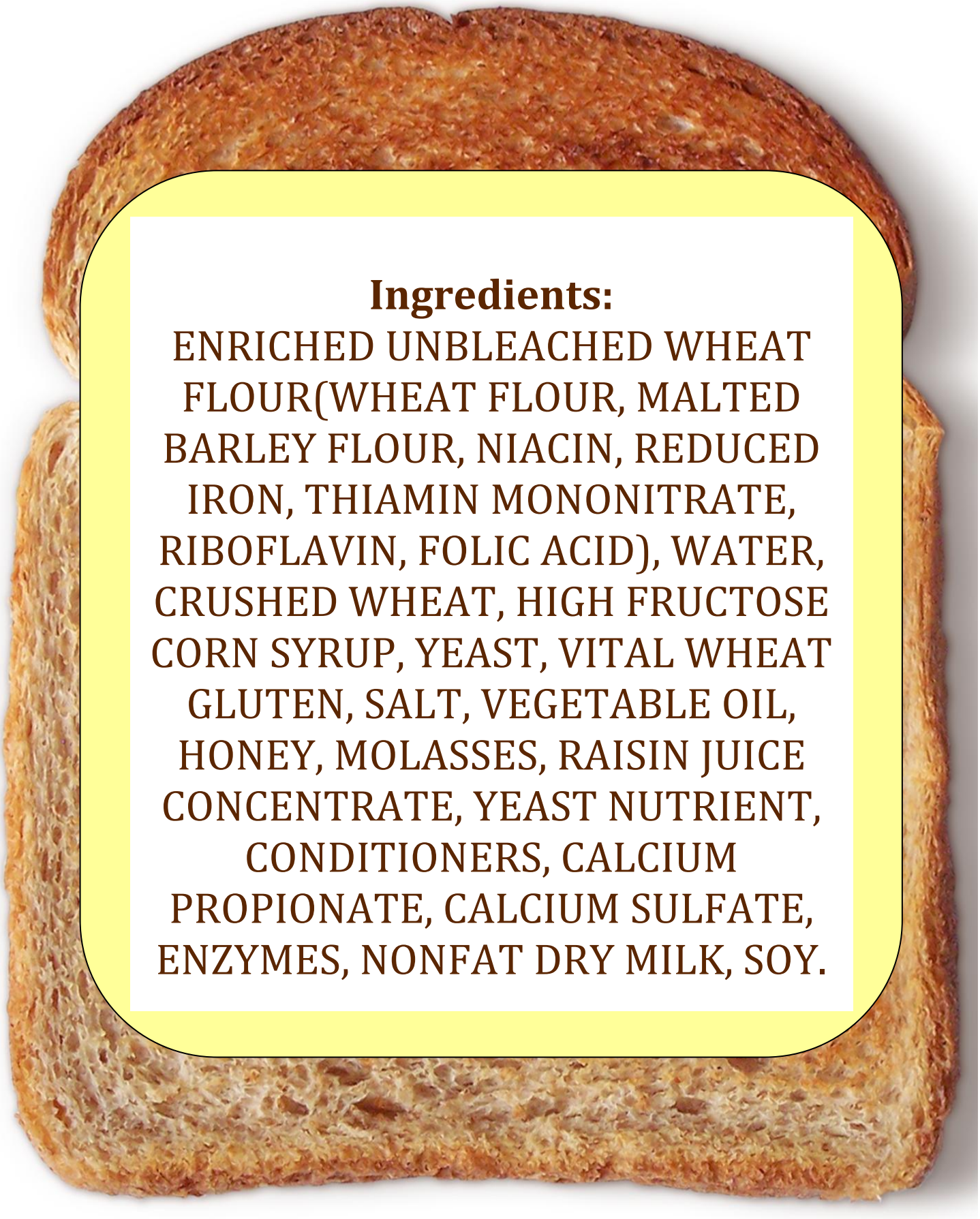
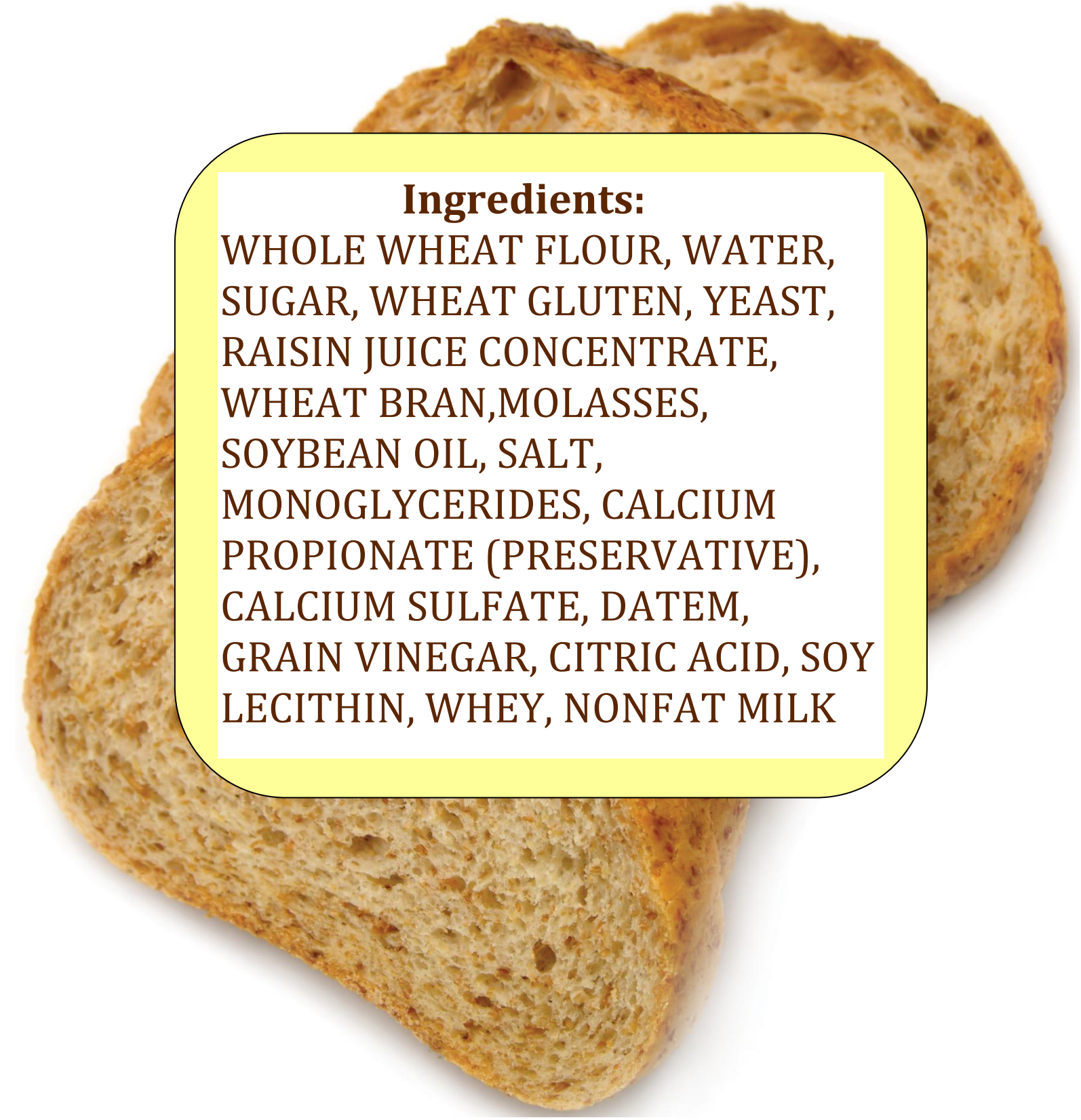


Ingredients:

ENRICHED UNBLEACHED WHEAT FLOUR(WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CRUSHED WHEAT, HIGH FRUCTOSE CORN SYRUP, YEAST, VITAL WHEAT GLUTEN, SALT, VEGETABLE OIL, HONEY, MOLASSES, RAISIN JUICE CONCENTRATE, YEAST NUTRIENT, CONDITIONERS, CALCIUM PROPIONATE, CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY.

(Incorrect Picture) X



(Correct Picture) Star!

Look in this pocket to find stories from families who made healthy changes!

Look in this pocket to find handouts and recipes on whole grains!

10 tips
Nutrition Education Series

make half your grains whole

10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2 whole grains can be healthy snacks

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient ***first*** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain.

USDA Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 4
June 2011
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Barley Jambalaya

Chef Sarah McKay • Detroit

Serves 6, 1¼ cups per serving

Ingredients

1 cup pearl barley
4 cups water
2 whole bay leaves
2 medium celery stalks
1 medium green bell pepper
3 medium onions
2 medium cloves garlic
4 ounces turkey ham
1 Tablespoon canola oil
2 (14½ ounce) cans diced tomatoes, no salt added
1 teaspoon salt
½ teaspoon cayenne pepper
1½ teaspoons dried oregano
1 teaspoon ground black pepper

Nutrition Facts

AMOUNT PER SERVING

Calories 220
Calories from fat 30
Total Fat 3.5g
  Saturated Fat 0.5g
  Cholesterol 15mg
Sodium 670mg
Total Carbohydrate 39g
  Dietary Fiber 9g
  Sugars 9g
Protein 9g

Directions

1. Place barley in a colander and rinse under cold water. Bring water, bay leaves, and barley to a boil in medium saucepan over high heat.
2. Reduce heat to low, cover saucepan and cook barley until tender and water is absorbed, about 45 minutes. Place barley in a colander, draining any excess water, and set aside.
3. Rinse celery and green pepper. Peel onions and garlic and rinse onions.
4. Dice onions, celery, and green pepper and mince garlic.
5. Dice turkey ham into ¼-inch pieces.
6. Add oil to large soup pot and heat over medium-high heat.
7. Add meat, onions, celery, peppers, and garlic to the soup pot. Mix well.
8. Sauté 5-10 minutes, scraping bottom of pan periodically.
9. Add tomatoes. Turn heat to high and bring to boil.
10. Add the 4 spices and stir to combine.
11. Cover, reduce heat, and simmer for 15 minutes.
12. Add cooked barley to the meat and vegetable mixture, stir to combine. Add more liquid, if necessary.
13. Cook over low heat for an additional 5-10 minutes to blend flavors together.
14. Remove bay leaves before serving.

Chef's Notes

- Try ham, turkey, or turkey sausage instead of the turkey ham.
- Substitute brown rice for the barley, if you like. Cook rice according to package instructions. Add cooked rice to jambalaya in step 12.
- To save time, the barley can be cooked up to two days in advance, refrigerated, and then added to the soup pot in step 12.

Sonora – Atlanta, GA

A MESSAGE FROM SUSAN

Sonora is an amazing mother who lives in Atlanta with her two teenage sons and her husband Quavis Sr., who works as a police officer. Sonora was only 16 years old when she gave birth to their oldest son, Quavis Jr. Her younger son, Troy, was born two years later. Sonora faced every mother's worst nightmare when Quavis Jr. had open-heart surgery at age 15. Quavis Jr. survived, but doctors warned Sonora that she had to make some major changes for the health of her family.

Sonora is part of a loving family that fixes problems together. This household joined forces when Mom decided to change everyone's eating and exercise habits to help Quavis Jr. regain his health. This mom also wanted to prevent any future health problems by identifying their worst habits and finding reasonable solutions that would appeal to teenagers. Sonora made use of a great resource in her town that helped to keep her family members working out as they served as inspirations to each other and the community.

KEYS TO HEALTHIER LIVING

- **Increase** Fruits & Vegetables
- **Increase** Physical Activity
- **Decrease** Screen Time
- **Decrease** High Energy Density Foods
- **Decrease** Sugar-Sweetened Beverages

Sonora is a wise mother. She gave birth to her oldest son, Quavis Jr. when she was still a junior in high school. But don't let her age fool you. There is something inside of her that knows how to inspire children to be healthy.

When Quavis Jr. was only 15, doctors were forced to do emergency surgery to save the boy's life.

Following Quavis Jr.'s operation, his brave mother took command of the situation and immediately changed her entire family's lifestyle. She enforces creative solutions that don't cost much money and leads with pure determination. She's also the type of mother who takes control when times get tough.

"Sonora didn't just save our son's life," says Quavis Sr. "She saved all of our lives."

Sonora had learned that these types of health risks were related to poor diet and inactivity. She took her son's health problem and used it as a way to make her entire family feel better. She knew her biggest challenge would be changing the entire family's habits in order to help both of her sons grow up strong, healthy, and happy.

Quavis Jr.'s weren't the only health challenges in her family. Sonora's youngest son, Troy, was born with asthma. He was frequently rushed to the hospital when he couldn't catch his breath. Her little boy had to use an inhaler and was on steroids. He wasn't able to participate in any sports. When Quavis Jr. had his heart surgery, to Sonora it was just one more sign that it was time to stop these health issues once and for all.

Sonora decided the only way to make real changes was to lead by example. She wanted her sons to exercise, but the family had to be able to utilize resources that fit their budget. They would need gym memberships for four people. After years of volunteering at the YMCA, Sonora became an employee of a local Atlanta YMCA. She is proof that a place like the YMCA — where family memberships are sold at a very low cost — can benefit family members of any age. Sonora can often be found on the treadmill working out next to her sons and husband.

Being overweight or out of shape makes the heart work harder. Overweight children are more likely to grow up to be overweight adults and more likely to develop heart problems.

Her sons had so much fun playing basketball and trying new climbing machines and weights that they didn't even realize they were working out. Sonora knew the key was going to the YMCA together as a family. No one wanted to be left at home when everyone was going to have a fun time.

Sonora also needed her sons to eat healthier foods. She is the first one to admit that she didn't know much about health when she married at age 18. Their diet as a young family was mostly hot dogs, burgers, doughnuts, candy, and deep-fried foods.

Quick Tips

- Start your transition with a trash bag. Throw away the junk food in your house.
- Wait it out when kids refuse to eat. Kids will not starve themselves and will eventually eat what's in the house.
- Drink 100 percent juice or water to avoid salt and sugar.
- Replace red meat with skinless chicken breast, fish, and other lean meats.
- Use free resources such as a nutritionist at the local hospital to form a new eating plan for your family.

Sonora's father died of a heart attack at a young age and only ate these sorts of foods.

Eventually, Sonora became the family's guide on a journey to good health. She studied good nutrition and refused to buy foods that were processed or full of fat, salt or chemicals. While the man in her house missed the sweets and junk food, her kids had no choice. They ate what she served.

"You're the mother. You control the money and the shopping list. If you don't buy it, your kids won't eat it," she says. "That's the first lesson I'd like to tell other moms."

The next step was learning to cook in the healthiest way possible. Since cooking classes weren't an option, she searched the Internet and her local public library for healthy recipes. She found meals that were low in fat and high in flavor. Sonora also made good use of the nutritionist at her local hospital, a community service that is often free.

Sonora learned that she couldn't fry foods anymore. Her family learned to love baked and grilled chicken. Her secret is using garlic, lemon, pepper, and oregano on meats while avoiding salt. Sonora learned to buy only skinless chicken breasts instead of wings and thighs, since the breasts have the least amount of fat.

She also found a few tricky ways to make sure her sons ate healthier foods. Her sons said they hated skim milk. While she didn't like deceiving her sons, Sonora knew a little sleight of hand was required. She saved an empty full-fat gallon of milk container. When the boys weren't home, she purchased a gallon of skim milk and poured it into the full-fat gallon jug. Her sons didn't know the difference. A few weeks later, she told them that they had been drinking skim milk for weeks.

Her sons demanded white bread, but Sonora insisted they eat wheat bread because it's healthier. It took only two days for the boys to give in to their mom. When they got hungry enough, they were in the kitchen making sandwiches on wheat.

Sonora and her husband continue to incorporate healthy habits at home. For instance, TVs were removed from the boys' bedrooms. They are only allowed one hour of TV a day in the den. This rule forces her sons to find other activities. Most of the time, the boys choose to spend more time at the YMCA, which earned them the title "The First Family of the East Lake YMCA." They're an inspiration for other families trying to figure out how to get more exercise. Quavis Jr. and Troy tell other kids about joining the YMCA and even invite friends to take advantage of trial memberships to work out with them.

Sonora's own health has improved because of her efforts. She talks about exercise and nutrition with other moms. She tells them how her own high blood pressure problem is gone now, thanks to exercise.

Sonora made amazing health changes for her family. Everyone is bursting with energy. Sonora and her husband lost weight and kept it off. Troy's asthma symptoms seemed to disappear. He doesn't even use his inhaler these days. Quavis Jr. has a strong heart and has just turned 18. He was even allowed to join his high school track and football teams.

"I love my children more than anything in the world," Sonora says. "I will do anything, read anything, buy anything, or try anything to help them be healthy. I want them to be successful and happy human beings."

KEYS TO HEALTHIER LIVING

Check out the YMCA, health club, or recreational center in your neighborhood for a list of yoga classes, team sports, swim lessons, or other activities.

Cindy – Detroit, MI

A MESSAGE FROM SUSAN

I'm so proud of this family from Detroit, Michigan, because they define what it means to be a family.

When mother Cindy was diagnosed with type 2 diabetes, she called a family meeting that included husband and father, Dan, and their three kids Zack, 8; Samantha, 10; and Austin, 11. Cindy told them she realized that the lifestyle changes she needed to make in order to save her life were changes the whole family needed to adopt.

What were the biggest changes? They had to eat healthy, fresh foods and increase the amount of exercise in their daily lives. The kids didn't blink. They just wanted to know what they could do to help their mom. Now the family follows a healthy eating plan based on the Glycemic Index Diet. Mom allows the kids to have occasional treats, so they don't feel deprived. Cindy's goal is to make sure her family eats only the healthiest, tastiest food. She achieves it by mixing in a little fun.

KEYS TO HEALTHIER LIVING

Increase Fruits & Vegetables

Increase Physical Activity

Decrease Screen Time

Decrease High Energy Density Foods

Decrease Sugar-Sweetened Beverages

There aren't many kids who are willing to give up a sugary birthday cake, but that's just what Cindy's son, Austin, did when he turned 11.

Instead, Austin, his family, and his friends feasted on a watermelon cut in half and decorated on the outside with pictures drawn with markers. The candles were stuck inside the juicy fruit.

"Our friends liked it, too. They came over and saw the watermelon cake and said, 'Cool!'" says his sister, Sam.

It was Cindy's diabetes diagnosis on February 16, 2007, that prompted major changes for this close-knit family. Mom, who works at the local emergency room, sat the kids down and told them that she was sick. She asked her entire family to help her get healthy again.

"I knew that without everyone's support, I would never make the changes. Austin was also a big kid. I didn't want him to turn out to be diabetic — and he was heading in that direction," Cindy explains.

Now the family practices the GI Diet (Glycemic Index Diet), and its basic principles are simple. Each meal consists of four ounces of low-fat protein, one starch, one fruit, and all the vegetables that you can eat. Grandma Patricia even created a special image on the computer of a plate with those requirements on it. The plate is always posted on the family refrigerator. It's a fun and easy way to remind the family of their meal-time goals.

After seven months, the entire family, including Grandma, had lost 200 pounds combined. Cindy alone lost 85.

"I can't even put into words how proud I am of my entire family," Cindy says.

The children were encouraged to try new foods like kiwis, Brussels sprouts, and spinach. When Austin wouldn't eat onions, his mother introduced him to sweet Vidalia onions. Now he loves them.

Cindy's kids even love liver and onions. Whipped, cooked cauliflower with a bit of butter is a substitute for mashed potatoes. Blueberries in plastic bags are a great snack for when the family's in the car.

Today about 1 in 3 children and teens (ages 2-19) in the United States are already overweight or obese.

When her kids complained about new foods such as asparagus or whole wheat grain products, Cindy asked them to try at least a few bites. Now, her children won't even touch a product that contains enriched white flour.

She also reminded the kids that peas, corn, and potatoes are starchy and should be eaten in moderation.

Cindy's kids have also adjusted to the sugar-free and healthier treats that are available in the house. No one complains about the sugar-free candies sometimes served for dessert. Besides fruit bowls, birthdays have also included cakes made out of sugar-free fruit gelatin topped with sugar-free whipped topping.

Quick Tips

- Ask your kids to try a new food three times before they decide if they like it or not.
- Make a game out of trying new foods three different ways for variety.
- Use the computer to keep programs on healthy foods and your eating plans.
- The only extras on the table should be vegetables. Dish out meats and starches at the stove. The family will eat less of those if the only second helpings available are the veggies.
- On Halloween, ask your kids if you can "buy back" their candy and give your child a penny for each piece. They can buy a toy they want with the money.

Another way they made eating healthy fun was creating a vegetable garden to grow cherry tomatoes, broccoli, onions, carrots, potatoes, and blueberries.

In this home, there is a "no fast food" rule. Instead, Dad cooks dinner at home with the kids if Cindy is at work. The kids take charge of stirring the sauce for spaghetti or making the salads.

When Austin, Sam, and Zack go to friends' houses, they're allowed to go off the diet, but not to go crazy. They prefer to only eat a little bit of a sugary treat now.

Once the family became familiar with this new lifestyle, they began to tell others about their success and how great they all felt. The children love to pass on the message about healthy foods to others at their school and in their community. Cindy has even started an e-mail newsletter, which she sends to friends and her own GI diet group in town. She shares great tips and recipes.

While the entire family has benefitted, Austin says the plan helped him lose 47 pounds in seven months. He says the peer pressure for him to be thinner and look healthier was intense. His new lifestyle made shedding the pounds easy.

"I used to feel like I was the big guy, and that didn't feel good," Austin admits. "Now it's so much easier to move. I love to run, bike, and swim with my friends. I can actually beat everyone now!"

"This is a boy who used to walk slowly. He never ran. Now he runs, which is awesome," says his mother. "That was the best feeling in the world as a parent. I had tears in my eyes watching him run through the yard the other day."

Now that Cindy's diabetes is under control, she has hopes and plans for her children.

"I want my kids to do anything they ever want to do," Cindy emphasizes. "I don't want there to be anything to stop them. They need to feel 100 percent all the time. The only way to do that is to eat healthy and be healthy."

Overweight kids are more likely to become overweight adults.