



Student Nutrition Program

Grains

October 2016

The Story on Whole Wheat

- Whole wheat flour or whole wheat bread cannot be considered whole grain since most of the germ and some of the bran had been removed
- Products labelled as 100% whole wheat or 60% whole wheat are not whole grain products



Whole Grains on the Label

To be sure you are choosing a whole grain product look for the following words as the first ingredients in the ingredients list:

- Whole grain whole wheat flour or whole wheat flour with added germ
- Bran
- Whole rye
- Whole oat or oatmeal
- Whole corn
- Whole barley



Breads

- ✓ *Be sure that whole grain or whole wheat is first on the list of ingredients*

Serving Sizes:

- ✓ 1 slice of bread
 - ✓ ½ bagel, pita, bun, or English muffin
 - ✓ ¼ naan, ½ tortilla
- ✓ Whole grain/whole wheat pancakes, waffles & pizza dough are now in the “**SERVE**” category



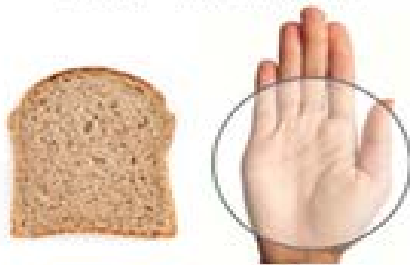
Grains Serving Sizes

Use these hand models to help you determine a serving size!

Grain Products

Bread

1 slice = Size of hand



Cold Cereal

30g = 1 fist



Rice

1/2 cup (125 mL) = 1/2 fist



These images have been used with permission from EatRight Ontario. The EatRight Ontario website has been replaced by UnlockFood.ca by Dietitians of Canada. Visit www.unlockfood.ca.

Breads

Do not serve bread that has added sugar on the ingredient list!



Cereals

Serving Sizes:

- ✓ 30 g ($\frac{1}{2}$ to $1 \frac{1}{4}$ cups) ready-to-eat cold cereal
- ✓ 175 ml ($\frac{3}{4}$ cup) hot cereal
- ❑ Whole grain, whole wheat, or bran is *first* on the ingredient list
- ❑ Sugar is less than 8 g per 30 g serving.



Rice and Other Grains

Serving Sizes – 125 mL or ½ cup cooked

- ❑ rice – brown or wild rice
- ❑ couscous
- ❑ bulgur
- ❑ barley
- ❑ millet
- ❑ buckwheat
- ❑ cornmeal/polenta



SERVE: whole grain or whole wheat is *first* on the ingredients list and no added salt and/or sugar.



Pasta

Serving size: 125 mL or ½ cup cooked

- ❑ Choose whole grain or whole wheat pasta

**Do not serve
instant noodle
soups or
enriched pasta**



Crackers & Grain Based Snacks

Includes whole grain crackers, bread sticks, popcorn, brown rice cakes, low sodium or unsalted tortilla chips

- ❑ Whole grain or whole wheat is *first* on the ingredients list

Do not serve potato chips, nacho chips, cheese puffs, microwaved popcorn, pretzels, pita chips or other high fat, high salt snacks

Be sure to check for “low sodium” on the label!



Baked Goods

❖ Includes: muffins, grain-based bars, cookies, scones

❖ **Serving sizes:**

- ❖ Muffin: tennis ball or smaller
- ❖ Cookies: Not more than 6 cm in diameter
- ❖ Granola bar: 1 bar (30 g)



Check that whole grain, whole wheat or bran is first on ingredient list & sugar less than 8 g per 30 g serving.



Food Safety

- Check packaging to make sure it is intact without tears or punctures
- Transfer opened dried goods into containers with tight fitting lids that can be washed and sanitized
- Once cooked, dried products such as rice, need to be treated as a perishable food
- Perishable foods must be stored at 4°C or less to keep bacteria from multiplying



Food Safety

DANGER ZONE

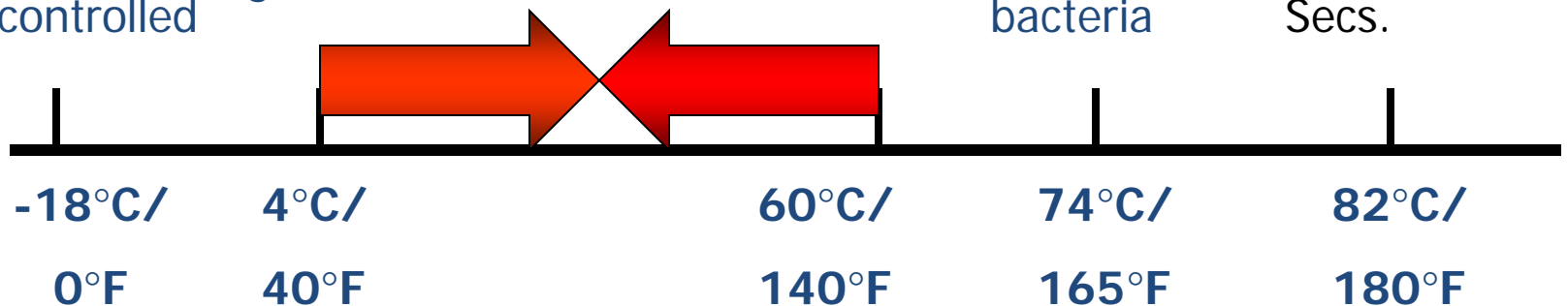
Freezer
bacteria
growth
controlled

Fridge
bacteria
growth slow

Hot Holding
bacteria
controlled

Internal
Food temp.
Kills most
bacteria

Whole Poultry
Internal temp.
Hold for 15
Secs.



Handwashing

- Cleaning your hands properly is vital to keeping food safe for eating
- Clean your hands using warm running water and liquid soap, drying with a paper towel
- Hand sanitizers are not recommended when handling food
- Hand sanitizers are not effective on hands that may have food residue on them
- Hand sanitizers do not remove all food allergens
- Soap and warm running water must be used to ensure your hands are clean



Proper Handwashing

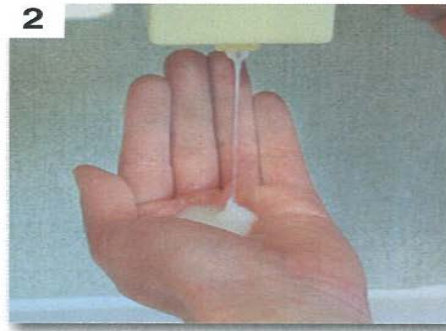
WET HANDS

Remove jewellery and watches, and wet hands with warm water first.



SOAP

Be sure to use enough liquid soap.



LATHER WELL

Lather for **15-20 seconds**. Clean wrists, palms, back of hands and between fingers.



RINSE

Rinse with warm water. Be sure not to touch side of sink.



DRY

Dry hands completely with paper towel or with an air dryer.



KEEP CLEAN

Use a paper towel to turn off water and open door, protecting hands from being recontaminated.

Thank you!

