



Whole-Grain Hacks Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel
or heart.org/healthyforgood

- ❑ Video – [Cooking Whole Grains](#)
- ❑ Video – [Southwestern Quinoa and Egg Breakfast Bowl](#)

Find these resources in this lesson

- ❑ Handout – **Whole Grains vs. Refined Grains**
- ❑ Handout – [Types of Whole Grains and How to Prepare Them](#)
- ❑ Recipe – [Southwestern Quinoa and Egg Breakfast Bowl](#)
- ❑ Recipe – [Mediterranean Toasted Quinoa and Spinach](#)
- ❑ Handout – [Setting SMART Goals](#)

SPACE SETUP

- ❑ [UAVno AaL rAI^No Scn kAnrVJVkAaro](#)
- ❑ Pens for participants
- ❑ Folders
- ❑ [3AI^N Scn Jcc\]VaT LN`c](#)
- ❑ [c`ksrNnš VarNnaNr AJJNoo AaL knC\NJrcnš VS AxAV^AI^N](#)
- ❑ Easel
- ❑ -corNn IcAnLš NAoN^ kAL cn ^AnTN Ln{ NnAoN IcAnL™
Write the following on it:
Whole Grains:
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 - Millet
 - Oatmeal
 - Quinoa
 - Rolled oats
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 - Whole oats
 - Whole rye
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Whole-Grain Hacks Demo Script

SAY:

Today we are going to explore the world of whole grains. Whole grains are

rich in fiber, vitamins, and minerals, and they can help reduce the risk of heart disease and other health

problems. Choosing whole grains can help with weight control.

The American Heart Association recommends that at least half of the grains you eat in a day are whole grains.

What are whole grains?

Whole grains contain the entire grain

including the bran, germ, and endosperm. Examples of whole grains include wheat, rice, and corn. Whole grains are a good source of fiber, which can help with digestion and keep you feeling full longer. They also contain important nutrients like B vitamins and iron.

Some examples of whole grains are whole wheat bread, brown rice, and quinoa. These grains are healthy and can be part of a balanced diet. They are also easy to incorporate into your meals. For example, you can use whole wheat flour for baking or add brown rice to your stir-fry.

Some examples of a serving of whole grains are:

- 1/2 cup of cooked brown rice
- 1/2 cup of cooked quinoa
- 1 slice of whole wheat bread
- 1/2 cup of whole wheat cereal

Some examples of a serving of whole grains are:

- 1/2 cup of cooked brown rice
- 1/2 cup of cooked quinoa
- 1 slice of whole wheat bread
- 1/2 cup of whole wheat cereal
- 5 whole-grain crackers
- 1 1/2-inch whole-wheat tortilla

Most people don't eat enough whole grains so I'm going to offer some simple tips to make whole grains a part of your healthy diet.

Choose whole-grain foods that contain at least half whole grain. Examples of whole grains include wheat, rice, and corn.

Point to the easel where you've written the following:

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Whole-Grain Hacks Demo Script (continued)

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more tips for increasing the whole grains
in your diet.

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Whole-Grain Hacks Activity Script

Turn to the demo table and remove the quinoa from the pot.

SAY:

Now I'm going to divide you up into teams and dish out the quinoa so you can prepare the Southwestern Quinoa and

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and green onions.

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ingredients on the quinoa.

Now lightly spray your skillet with cooking spray. Heat over medium-high heat.

Crack each egg in the skillet with salt and

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are still runny.

Now take your spatula and transfer a

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What do you think? **Wait for a few replies**

After the group activity SAY:

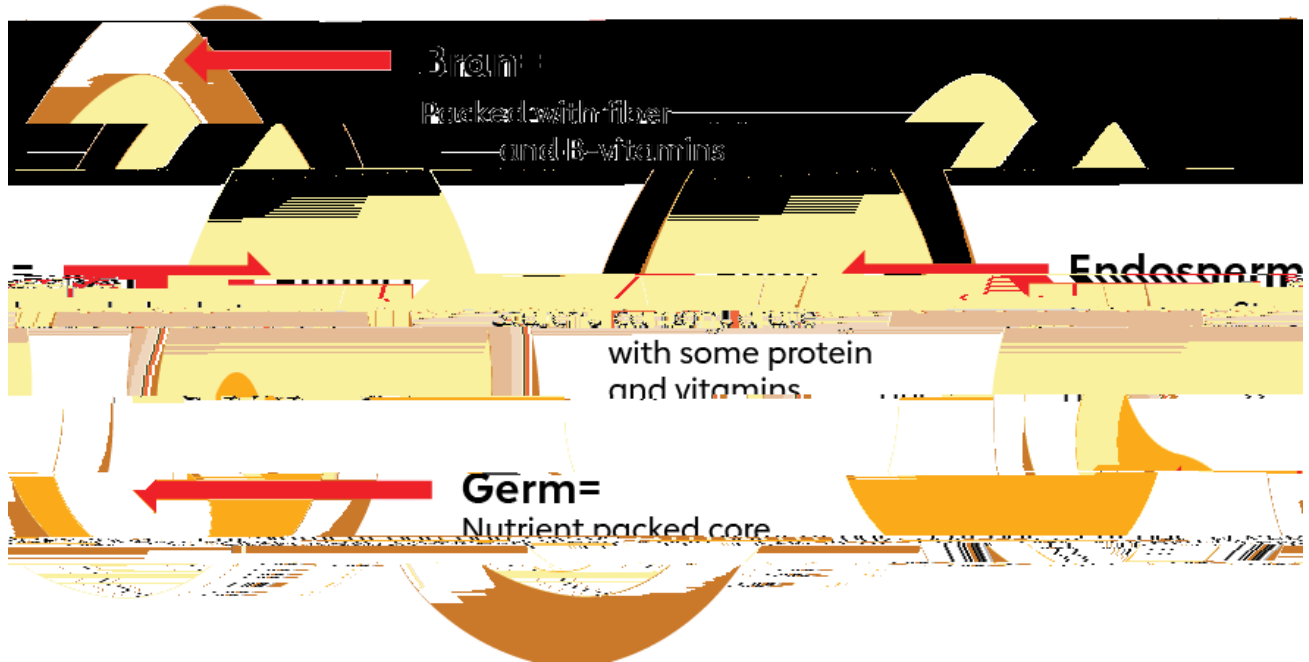
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Whole Grain vs. Refined (White) Grain

Whole Grain

vs.

Refined (White) Grain



Southwestern Quinoa and Egg Breakfast Bowl

Makes 4 servings; 1 bowl per serving
Per serving: 244 Calories; 2.5 g Saturated Fat; 154 mg Sodium

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INGREDIENTS

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Mediterranean Toasted Quinoa and Spinach

Makes 4 servings; 1½ cups per serving
Per serving: 292 Calories; 1.5 g Saturated Fat; 129 mg Sodium

colorful with shreds of deep green spinach and slivers of red onion.

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 cup spinach, shredded
- 1/2 cup red onion, slivered
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup olive oil
- 1/2 cup lemon juice
- 1/2 cup balsamic vinegar
- 1/2 cup honey
- 1/2 cup maple syrup
- 1/2 cup agave nectar
- 1/2 cup coconut oil
- 1/2 cup ghee
- 1/2 cup butter
- 1/2 cup lard
- 1/2 cup tallow
- 1/2 cup schmaltz
- 1/2 cup duck fat
- 1/2 cup goose fat
- 1/2 cup beef tallow
- 1/2 cup pork fat
- 1/2 cup chicken fat
- 1/2 cup fish oil
- 1/2 cup cod liver oil
- 1/2 cup flaxseed oil
- 1/2 cup hemp seed oil
- 1/2 cup avocado oil
- 1/2 cup grapeseed oil
- 1/2 cup sunflower oil
- 1/2 cup canola oil
- 1/2 cup soybean oil
- 1/2 cup corn oil
- 1/2 cup safflower oil
- 1/2 cup sesame oil
- 1/2 cup walnut oil
- 1/2 cup almond oil
- 1/2 cup hazelnut oil
- 1/2 cup olive oil
- 1/2 cup coconut oil
- 1/2 cup ghee
- 1/2 cup butter
- 1/2 cup lard
- 1/2 cup tallow
- 1/2 cup schmaltz
- 1/2 cup duck fat
- 1/2 cup goose fat
- 1/2 cup beef tallow
- 1/2 cup pork fat
- 1/2 cup chicken fat
- 1/2 cup fish oil
- 1/2 cup cod liver oil
- 1/2 cup flaxseed oil
- 1/2 cup hemp seed oil
- 1/2 cup avocado oil
- 1/2 cup grapeseed oil
- 1/2 cup sunflower oil
- 1/2 cup canola oil
- 1/2 cup soybean oil
- 1/2 cup corn oil
- 1/2 cup safflower oil
- 1/2 cup sesame oil
- 1/2 cup walnut oil
- 1/2 cup almond oil
- 1/2 cup hazelnut oil

DIRECTIONS

1. In a large pot, bring the quinoa and vegetable broth to a boil. Reduce the heat to a simmer and cook for 15 minutes, or until the quinoa is tender and the liquid is absorbed. Fluff with a fork.
2. In a large bowl, combine the quinoa, spinach, and red onion. Drizzle with the olive oil, lemon juice, balsamic vinegar, honey, maple syrup, agave nectar, coconut oil, ghee, butter, lard, tallow, schmaltz, duck fat, goose fat, beef tallow, pork fat, chicken fat, fish oil, cod liver oil, flaxseed oil, hemp seed oil, avocado oil, grapeseed oil, sunflower oil, canola oil, soybean oil, corn oil, safflower oil, sesame oil, walnut oil, almond oil, and hazelnut oil. Toss to combine.
3. Sprinkle with the onion.

Cook's Tip on Quinoa: Rinse the quinoa thoroughly before cooking to remove any bitter-tasting saponins. For a creamier texture, add a splash of milk or cream when cooking.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

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REALISTIC

- Do you have the resources and AIV^Vr{ rc AJUVNxN {csn TcA^ S acrs Ucy JAa {cs TNr rUN`

TIME-BOUND

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EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
