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# NUTRITION AND YOU...WHOLE GRAINS

## FOOD FOR THOUGHT

When eating bread, pasta, or rice, choose whole grain instead of white refined grain products. The main difference between whole grain and white refined grain is that many of the nutrients have been removed from white refined grain. Whole grains include whole wheat bread, whole wheat pasta, whole wheat flour, and brown rice. Be sure when you buy whole grain products the first word on the ingredient lists is "whole". When the package says "wheat bread", it is not the same as "whole wheat bread".



*Note: 1 regular slice of bread, 1 cup of breakfast cereal, ½ cup of cooked pasta or rice, or 5 whole wheat crackers count as 1 oz. of grains.*

## SHOP SMART

Look for packages of whole grain pasta and bread that are intact and dry. Fresh whole grain pasta and bread do not keep for long so be sure to check the "sell-by" date. Keep in mind that dried pasta will feed more people than fresh pasta because it absorbs more water during cooking.

## EAT HEALTHY

### Whole Grains are:

- A good source of B vitamins (thiamin, riboflavin, niacin)
- A good source of dietary fiber
- A good source of folate
- A good source of magnesium
- A good source of selenium

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Store grains in tightly closed, moisture-proof containers
- Grains can be stored at room temperature, but they will remain fresh longer if stored in the freezer.
- Dried whole wheat pasta stored in a sealed container will stay good for one year.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

# RECIPE

## Tomato, Basil, and Bean Pasta Salad

### Ingredients:

- 1 lb. whole wheat ziti or bow tie pasta
- 2 tbsp. vegetable oil
- ¼ cup vinegar
- 2 tsp. Dijon mustard
- ¼ tsp. pepper
- 1 cup chopped fresh basil leaves
- 3 large coarsely chopped tomatoes
- 1 cup cooked or canned (drained and rinsed) kidney beans, garbanzo beans, or black beans
- 1 cup mozzarella, or provolone cheese, cubed or shredded (optional)
- ½ cup walnuts, chopped (optional)

### Instructions:

1. Cook pasta according to package directions. Drain and cool.
2. In a small bowl, whisk together vegetable oil, vinegar, Dijon mustard, and pepper to make vinaigrette.
3. In a large bowl, combine pasta, beans, and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.

### Nutrition Facts – Tomato, Basil, and Bean Pasta Salad

Cost: Per Recipe: \$ 3.98 Per Serving: \$ 0.33

Serving Size: ½ cup (185 g)

Calories: 220 Calories from Fat: 30

Per Serving	% Daily Value*	
Total Fat – 3.5 g	5%	*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
Saturated Fat – 0 g	0%	
Dietary Fiber – 4 g	16%	
Sodium – 25 mg	1%	
Sugars – 2 g		
Protein – 8 g		

4. Add basil and optional nuts and cheese just before serving, tossing again to combine.

Tip: Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli, or cauliflower. Use your favorite salad dressing instead of making your own.

## FOCUS ON FITNESS

Do you have the winter blues? Physical activity can reduce feelings of depression and anxiety.

## REMEMBER:

Make half your grains whole grains.



Revised 12-2015.

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

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## REFERENCES

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