

**Working Whole Grains Into Foodservice:  
Consumers Are Getting The Whole-grain  
Message, But Have Trouble Finding These  
Wholesome Products When They Dine ...  
Grains): An Article From: Food Processing  
[HT By Kantha Shelke**

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**Whole Grains in Child Nutrition Programs -**

food service training; foodservice training; child nutrition whole grains and learning how to incorporate more whole grains into their

<http://www.nfsmi.org/ResourceOverview.aspx?ID=390>

**Kid-Friendly Whole- Grain Recipes | MyRecipes.com -**

the USDA recommends 3 to 7 ounces of grain foods daily, whole-grain cereal, whole wheat, and other stars of the grain group into their diet with a variety of

<http://www.myrecipes.com/kids/healthy-kids/kid-friendly-whole-grain-recipes>

**Journal of Child Nutrition & Management - School -**

Evidence shows that a higher intake of whole grain foods, The gradual integration of whole grain foods into school foodservice menus would be a major

<http://docs.schoolnutrition.org/newsroom/jcnm/04fall/ujszaszy/index.asp>

**whole grain - WebMD -**

it's not always easy to tell just which foods are whole grain. or that it's difficult to work them into Know Your Whole Grains. A whole grain

<http://www.webmd.com/diet/reaping-benefits-whole-grains>

**How to Work Whole Grains into Your Diet from -**

Pillsbury Biscuits; Pillsbury Breads; General Mills Foodservice; General Mills Careers How to Work Whole Grains into Your Diet.

<http://www.pillsbury.com/everyday-eats/better-for-you/how-to->

[work-whole-grains-into-your-diet#!](#)

### **Whole wheat - The World's Healthiest Foods -**

These benefits will be few if you select wheat that has been processed into 60% of whole wheat grain foods such that work in multiple

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=66>

### **List of Common Whole Grain Foods - LoveToKnow -**

The list of common whole grain foods includes items which means refined white flour has been substituted for part of the whole grains. Whole grain breads can be

[http://vegetarian.lovetoknow.com/List\\_of\\_Common\\_Whole\\_Grain\\_Foods](http://vegetarian.lovetoknow.com/List_of_Common_Whole_Grain_Foods)

### **Benefits of Whole Grain Foods | Taste of Home -**

Benefits of Whole Grains. An excellent source of starchy carbohydrate and dietary fiber. A good source of niacin, riboflavin, other B vitamins and iron.

<http://www.tasteofhome.com/healthy/live-well/smart-eating/benefits-of-whole-grain-foods>

### **Whole- Grain Foods Not Always Healthful - -**

processed so that the three parts are separated and ground before being incorporated into foods. (Refined grains, Whole-grain foods can also contain unhealthy

<http://www.scientificamerican.com/article/whole-grain-foods-not-always-healthful/>

### **Whole Grains and Fiber - American Heart -**

Refined grains have been milled (ground into you will see the words whole or whole grain before the We recommend obtaining fiber from foods rather

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Whole-Grains-and-Fiber\\_UCM\\_303249\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Whole-Grains-and-Fiber_UCM_303249_Article.jsp)

### **Whole Grains | Whole Foods Market -**

Pat cooked whole grains into cakes so it s perfect for making whole grain pasta. Whole wheat Why We're a Great Place to Work; Company. About Whole

<http://www.wholefoodsmarket.com/recipes/food-guides/whole-grains>

### **How to Cook Whole Grains - WebMD -**

Here are some tips for working more whole grains into your diet and for how to cook whole grains, The Skinny on Whole Grains; 6 Foods and Tips for More Fiber;

<http://www.webmd.com/food-recipes/how-to-cook-whole-grains?page=2>

### **The Whole Grains Council -**

The Whole Grains Council is a nonprofit consumer advocacy group that helps consumers find whole grain foods and It's Working; Government Guidance; Find Whole Grains.

<http://wholegrainscouncil.org/>

### **Working whole grains into foodservice: consumers -**

Working whole grains into foodservice: consumers are getting the whole-grain message, but have trouble finding these wholesome products when they dine grains): An

<http://www.amazon.com/Working-whole-grains-into-foodservice/dp/B000G1GDRW>

### **About Us | The Whole Grains Council -**

The Whole Grains Council is a nonprofit consumer advocacy group working to increase consumption of whole grains help consumers to find whole grain foods and

<http://wholegrainscouncil.org/about-us>

### **Whole Grains Work -**

Add whole grains to your foodservice menus Whole Grains Work hand harvested wild rice follows the Native American tradition of canoeing into plants and

<http://www.kraftfoodservice.ca/en/bw/HealthyLiving/WholeGrainsWorkMagiconMenus.aspx>

### **Developing a Standard Definition of Whole- Grain -**

of more whole-grain foods into the diet are needed approved the Whole Grains Working grains for nutrition and

<http://advances.nutrition.org/content/5/2/164.full>

### **List of Whole Grain Foods and Whole Grains -**

You'll see from this list of whole grain foods and all their whole grains which turns wheat into fluffy It s the entire wholesome package working together

<http://commonsensehealth.com/list-of-whole-grain-foods-and-whole-grains-benefits/>

### **Whole Grains Guide: Recipes, Cooking Tips and -**

Whole-Grain Foods. Whole grains factor into every global They work as marvelously in hot breakfast cereals and cold breakfast muffins as they do in

<http://www.motherearthnews.com/real-food/seasonal-recipes/whole-grains-recipes-cooking-nutrition-guide.aspx>

### **The Benefits Of Whole Grains - YouTube -**

Sep 27, 2012 Dietitian provides tips and tricks on how to eat better for weight loss and incorporate grains into your diet.

<http://www.youtube.com/watch?v=j6OWmgqrcbY>

### **Consuming More Whole Grains - Today's Dietitian -**

And for others who know they should be integrating more whole grains into whole grains and the foods that whole grain bread on hand can work

<http://www.todaysdietitian.com/newarchives/021313p32.shtml>

### **Eat 3 or More Whole- Grain Foods Every Day -**

Work Out at Work; Staying Motivated for Fitness . What Makes Whole Grains So Great? Whole-grain foods are healthy because they contain fiber.

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day\\_UCM\\_320264\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day_UCM_320264_Article.jsp)

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