

Hearty Whole Grain Breads

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

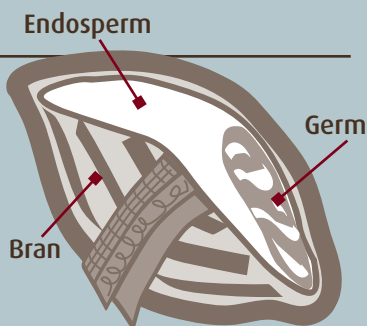


Whole Grains include:

- Dehulled barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Whole corn and popcorn
- Whole millet
- Whole oats and old fashioned and quick-cooking oatmeal
- Whole quinoa
- Whole rye
- Whole sorghum
- Wild rice
- Whole triticale
- Whole wheat

What are whole grains?

Whole grains, or foods made from them, consist of the entire grain seed, usually called the kernel. The kernel is made of three components—the bran, the germ, and the endosperm. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same balance of nutrients that are found in the original grain seed.



Why do children need to eat more whole grains?

- Whole grains are full of flavor and add texture to our diets. They provide an abundance of fiber and nutrients such as riboflavin, thiamin, niacin, folate, vitamin E, iron, magnesium, and zinc.
- The USDA’s *Dietary Guidelines for Americans, 2005* recommends that children and adolescents consume whole grain products such as brown rice, oatmeal, and whole wheat products often and at least half the grains should be whole grains.
- Whole grain foods have many health benefits and are good for the whole family. The consumption of whole grains reduces the risk for heart disease and cancer and may improve blood-glucose control in people with diabetes. Eating oatmeal may help reduce cholesterol levels.

How can you get your children to eat more whole grains?

Whole grains may be eaten whole, cracked, split, or ground. They can be milled into flour or used to make breads, cereals, and other processed foods.

- Start introducing whole grains when children are young.
- Combine whole grains with familiar refined grains if children are not accustomed to eating whole grain foods.
- Serve whole grain breakfast cereals, pancakes, and waffles.
- Use whole wheat bagels, tortillas, and pita pockets.
- Prepare sandwiches using whole grain breads or rolls.
- Expand your grain repertoire with whole grain complements - such as brown rice, wild rice, and bulgur.
- Choose whole grain pastas.
- Feature whole grains such as wild rice or barley in soups, stews, casseroles, and salads.
- Toast grains to bring out their nutty flavor before adding them to recipes.
- Prepare pizza with a whole wheat crust.

Resources

Wheat Foods Council – www.wheatfoods.org
USDA, *Inside the Pyramid, What foods are in the grain group?*,
mypyramid.gov/pyramid/grains.html
Whole Grains Council – www.wholegrainscouncil.org
Kansas Wheat Commission – www.kswheat.org

For more information, visit us on the Web at nfsmi.org

National Food Service Management Institute
The University of Mississippi
6 Jeanette Phillips Drive
Post Office Drawer 188
University, Mississippi 38677-0188
800-321-3054 · nfsmi@olemiss.edu



Honey Whole Wheat Bread*

Yield: 3 loaves, 48 slices

3 packages	Dry active yeast
¾ cup	Warm water (105 °F to 115 °F)
½ cup	Honey
⅜ cup	Shortening
1 ½ Tablespoons	Salt
2 ½ cups	Warm water
4 ½ cups	Whole wheat flour
4 ½ cups	All-purpose flour

1. Dissolve yeast in ¾ cup warm water in large mixing bowl. Stir in honey, shortening, salt, 2 ½ cups warm water, and whole wheat flour. Beat until smooth. Mix in enough all-purpose flour to make dough easy to handle.
2. Turn dough onto lightly-floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)
3. Punch down dough; divide into thirds. Flatten bread dough with hands and form into loaves.
4. Place loaves, seam sides down into greased loaf pans. Brush with margarine, if desired. Let rise until double, about 1 hour.
5. Heat oven to 375 °F. Bake until loaves are deep golden brown and sound hollow when tapped, 40 to 45 minutes. Remove from pans; cool on wire rack.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 48

Amount Per Serving		% Daily Value*	
Calories 110	Calories from Fat 15		
Total Fat 2g			3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 220mg			9%
Total Carbohydrate 20g			7%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mockingbird Bakery Multigrain Bread*

Yield: 3 loaves, 48 slices (1 ½ ounces each)

1 cup	Nine-grain blend* soaked in 1 cup water	3 tablespoons	Canola oil
¾ cup	Raisins	2 tablespoons	Brown sugar
¾ cup	Orange juice	1 teaspoon	Molasses
3 cups	Bread flour	2 packages	Dry active yeast
1 ½ cups	Whole wheat flour	1 cup	Water
½ cup	Rye flour	1 cup	Walnuts, chopped, optional
2 teaspoons	Salt		

1. Overnight, soak the nine-grain blend in water and the raisins in orange juice. Drain the raisins just prior to mixing into the dough.
2. Combine in a mixer bowl bread flour, whole wheat flour, rye flour, salt, oil, brown sugar, molasses, yeast, water, and soaked nine-grain. Blend for 4 minutes at a low speed with a dough hook.
3. Add soaked, drained raisins and walnuts (optional) and continue to mix for 2 minutes at high speed.
4. Place the dough in a 2-quart bowl. Cover and let rise in a warm location until doubled, about 4 hours.
5. Using a dough scraper or spatula, scrape the dough onto a floured surfaced. Form into loaves. Allow to double again, about 2 hours.
6. Bake in 400 °F oven for 45 minutes or until 200 °F in center of loaf.
7. Remove the bread from the oven and let cool on a wire rack.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 48

Amount Per Serving		% Daily Value*	
Calories 100	Calories from Fat 15		
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 130mg			5%
Total Carbohydrate 19g			6%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*Purchase 7, 8, or 9 grain cereal at your grocery or natural food store.

*These recipes have not been standardized for use in child nutrition programs.