



Whole Grains
Lesson 2: The Whole Truth about Whole Grain Breads

Getting Started

1. Review lesson plan before each session.
2. Copy handouts:
 - a. Not All Breads are Created Equal
 - b. Go with the Grain – 100% Whole Grain Breads
 - c. In Search of Great Whole Grain Breads
 - d. Recipe
 - e. Lesson 2 post-test
3. Gather supplies needed for lesson and activities.

Supplies Needed

1. Food Guide Pyramid poster or Tufts Food Guide Pyramid for Older Adults (if available).
2. Three by five index cards.
3. Different brands and kinds of whole grain breads for tasting activity, plus margarine, honey, jam or other condiments.
4. Assorted bread wrappers to review labels and ingredients (can use any brought by participants as instructed in last lesson), and magnifying glass if available.
5. Supplies for tasting recipe, such as plates, utensils and napkins. Also bring toaster or small toaster oven, if available.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives.
3. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives – The participants will:

1. Understand the nutrition benefits whole grain breads
2. Learn how to overcome the common barriers to eating whole grain bread.
3. Learn how to choose and store whole grain breads.
4. Understand the protective effects of whole grain bread against heart disease, cancer, and type 2 diabetes.



Nutrition for Older Adults' Health

Script

Review

Note to the speaker: Pass out 3 by 5 index cards and pencils for participants to use in a moment to write down the whole grain foods they have eaten in the past two days.

We are going for grains again. Can any of you name some of the whole grain foods we talked about last time? *Allow time for answers; write on a flip chart (or use pages created for lesson 1).* That's right, whole grain foods include whole-wheat breads, whole grain cereals, oatmeal, whole-wheat crackers, brown rice, popcorn, corn tortillas and more. Have any of you tried a new whole grain food since the last lesson? Take a moment and write down all the whole grain foods you have eaten in the past two days on your index card. We will come back to this in a moment.

Let's quickly review how can you tell if a food is whole grain or not? (*Summarize on flipchart or refer to Be a Whole Grain Detective handout from lesson 1.*)

1. Look for "whole-wheat" as part of the name, for instance Brand X Whole-Wheat Bread or Brand Y 100% Whole-Grain Bread.
2. Look on the ingredient list for a whole grain as the first ingredient, such as 100% whole-wheat flour or whole oats.
3. Look for the **WHOLE GRAIN** logo or the whole grain health claims on food packages.

Let's review one more thing. We know we need six or more servings of breads, cereals, rice, pasta and other grain foods daily. How many of these servings need to be whole grain foods to help you stay healthy and fit? That's right, at least three whole grain servings. Remember **3 Are Key!** Now, look at your index card where you wrote down the whole grain foods you have eaten in the past two days. Did you meet the **3 Are Key** goal both days? If you did not meet this goal, plan to add at least one more whole grain food to your meals this week. Keep adding one serving a week until you are eating at least three whole grain servings daily.

Introduction

Did any of you bring in the wrapper from your favorite bread? Good, keep these out and we will look at them in a moment.

Note to the speaker: Bring your own bread wrappers, or refer to wrappers from breads brought in for tasting. Bring at least one example of wheat bread that is not whole grain for comparison.

Today we are going to talk about whole grain breads. We will talk about why whole grain breads can help you stay healthy and fit. We will use our whole grain detective skills to see if some of your favorite breads are whole grain. Finally, we will talk about how to find whole grain breads to suit your taste and fit your food budget.



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How many of you have ever baked your own bread? How many of you just like to eat bread (*allow time for answers*). We call bread the staff of life. It is in the food group that forms the base of the Food Guide Pyramid. People have been baking bread for thousands of years – from a simple mixture of ground wheat and water to shaped yeast breads. The ancient Egyptians are credited with making the first oven and being the first people to leaven bread with yeast. Aren't all of you glad the Egyptians were so smart?

Bread has remained a main part of our diets for centuries. It was one of the few foods that sustained us through tough times in history. Bread is a healthy and nutritious food. Bread is usually served with every meal in many households. Even with all the foods we have now, bread remains important in our diet.

Would you say all breads are nutritious (*allow time answers or count yes and no responses*)? Well, many breads are low in fat and cholesterol and supply some vitamins, minerals and fiber. These are all good things. Would you say some breads are better for you than others (*allow time for discussion*)? Let's see.

Not All Breads are Created Equal

You could say not all breads are created equal. If you want to get more bang for your nutrition buck, then whole-wheat or whole grain breads are the breads for you. Whole grain breads are made with 100% whole-wheat or other whole grain flours. What does this mean? This means whole-wheat or whole grain breads contain all the original nutrients found in whole grains. Remember, whole grains are so good for you because they are nutrition powerhouses. They are a good source of fiber and protein. They also supply disease-fighting nutrients, like B-vitamins, vitamin E, selenium, magnesium, zinc, copper and phytochemicals (*refer to lesson 1 for more details about these nutrients if necessary*).

Do you think all these good parts are in breads made with processed flour? No, white bread is made from white flour. Most of the fiber and other nutrients are lost when grains are processed to make white flour. Most white breads supply less than one gram of fiber per slice. Most whole grain breads supply two to four grams of fiber per slice! White flour is enriched to add back some B-vitamins and iron, but it still falls short of whole grains. The processed parts are definitely not better than when it was whole!

In fact, did you know one bushel of wheat weighs about 60 pounds? When it is ground it will yield 60 pounds of whole-wheat flour that can be used to make whole-wheat bread. However, if you take 60 pounds of wheat and mill it to make white flour, you will get 43 pounds of white flour that can be used to make white bread. That means 17 pounds of wheat germ, wheat bran, fiber, vitamins, minerals, phytochemicals and more are thrown away! You can see the difference in the bread.



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Let's compare white bread and whole-wheat bread by looking at two Nutrition Facts panels (*refer to Not all Breads are Created Equal handout*). Note to the speaker: The labels show whole-wheat bread to have more fiber, more of some B vitamins and some minerals compared to processed "wheat" bread.

Big Benefits from Whole Grain Breads

What are the benefits of eating whole grains like whole-wheat or whole grain bread? Remember, diets rich in whole grain foods and low in saturated fat and cholesterol can:

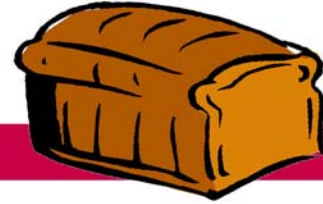
1. Help lower total blood cholesterol levels and LDL cholesterol levels (LDL is bad or lousy cholesterol).
2. Help reduce risk of heart disease and heart attack.
3. Help lower blood pressure and reduce risk of stroke.
4. Help reduce risk of certain cancers, especially colon and rectal cancers.
5. Help keep you regular and prevent constipation.
6. Help reduce risk of developing type 2 diabetes.
7. Help lower blood sugar (glucose) levels.
8. Help with weight control – people who eat whole grain foods are more likely to be at a healthy weight. This may be from the fiber in whole grain foods that can help you feel full longer after a meal.

For example, some studies show that men and women who eat the most servings of whole grain foods each week weigh less and have lower cholesterol levels than those who eat few, if any, whole grains. Other studies show women who eat the most servings of whole grain foods are less likely to have a heart attack and are less likely to die from heart disease and cancer. These studies agree – that as few as three servings of whole grain foods daily can help reduce risk of disease. See, **3 Are Key!** Now let's talk about how to get your grains.

Breaking the Whole Grain Bread Barriers (*Refer participants to handout, "Breaking the Whole Grain Bread Barriers."*)

How many of you eat whole-wheat or whole grain bread every day (*allow time for answers for this and following questions*)? How many of you eat whole-wheat or whole grain bread a few times a week? A few times a month? Rarely if at all? What are of the reasons some of you do not eat whole grain bread that often?

Note to the speaker: Write answers on flip chart. Add these reasons if not mentioned – texture, too dry, don't like taste, too expensive, spoils faster than white bread, don't know how to tell if breads are whole grain, etc.



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There are many reasons why some people do not eat whole grain bread. Before you settle on plain white bread, try these tips for choosing and eating whole grain breads you will like. There are many styles of whole-wheat and whole grain breads at stores.

1. Try different brands to find one with a texture that suits you. Some brands are softer and moister than others.
2. Try different brands to find one with a taste that suits you. The benefits are worth it.
 - a. Try whole-wheat breads flavored with honey or molasses for a sweeter taste.
 - b. Try 100% whole multi-grain breads for different flavors from a variety of grains. You may like whole rye, pumpernickel or mixed grains better than whole-wheat.
 - c. Toast whole grain bread to bring out its nutty flavor.
3. Try different styles of whole-wheat breads, from pita bread to bagels, English muffins, hamburger buns and dinner rolls if loaf bread is not your thing.
4. Compare prices of store brand whole grain breads to save money.
 - a. If available, stock up on discounted whole grain breads at “day-old” bread stores. Freeze extras and use within three months.
 - b. Stock up when you find your favorite whole grain bread on sale. Freeze extras and use within three months.
 - c. Remember it takes two to four slices of white bread to equal the fiber in whole grain bread. Four loaves of white bread are not cheaper than one loaf of whole grain bread!
5. A fresh loaf should stay fresh for about four days. Store bread in its wrapper (or seal in zip top bag) and remove excess air to help keep fresh.
 - a. Store in a cool, dry and dark place to extend freshness.
 - b. Do not store fresh bread in the refrigerator – it will dry out and go stale faster.
 - c. Leave the end-piece as the first slice to help keep softness and moisture in rest of loaf.
 - d. If you cannot use a loaf in four days, divide into four-day supplies and freeze in sealed zip top bags to prevent spoilage and waste.
6. Use the tips we reviewed to find whole grain bread – look for whole-wheat or whole grain as part of the name; look on the ingredient list for a whole grain as the first ingredient; or look for the whole grain logo or health claims.

Note to the speaker: can include *Be a Whole Grain Detective* handout from lesson one with this lesson's handouts to reinforce this.

Let's look at our bread wrappers. As you can see from our breads we have today, not all brown breads are whole grain. Not all “wheat” breads are whole-wheat and not many multi-grain breads are whole grain. Keep in mind – a good rule of thumb is to choose whole grain bread that supplies three grams of fiber per slice. Companies are getting better at labeling their whole grain foods in a way to help consumers find the whole grains they want. *Take time to look at the*



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different bread wrappers and identify real whole grain breads. Use tips above to evaluate the different breads. Remind participants you are providing a handout listing assorted whole grain breads available at grocery and discount stores (e.g., Wal-Mart, Kroger, Publix, Bells, BI-LO, etc.). Check local stores in your area to see if other varieties are available.

We are going to taste samples of different whole grain breads in a moment. Maybe this will help you find one you will really like. It might take a while to develop a taste for whole grain breads. Don't give up and don't settle for less with white bread. You may find the nutty wholesome taste of whole grain bread can really make a meal!

So, be sure to write whole-wheat or whole grain breads on your regular shopping list. Compare prices and watch for sales to get the most from your food budget. Then include whole-wheat or whole grain breads in your weekly meal plans – from toast to sandwiches and dinner rolls. Try some of these ideas. *Note: remind participants to drink plenty of water and other fluids when eating more fiber.*

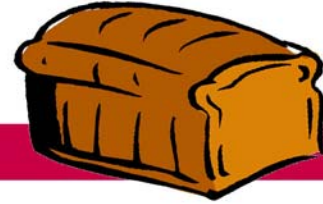
1. Have whole grain toast or a toasted bagel or English muffin for breakfast. Top with margarine, honey, jam, peanut butter or cinnamon and sugar and enjoy. You'll start the day with three or more grams of fiber per slice with little trouble.
2. Make sandwiches with whole grain bread – you'll have two of your whole grain servings in one meal. Two down and one to go!
3. Use whole-wheat bread when you make French toast, garlic toast or cheese toast.
4. Have whole grain dinner rolls with meals.
5. Use extra or stale whole grain bread to make bread pudding or bread crumbs for coating.
6. Have a grown-up PBJ with whole grain bread. Keep or cut the crusts – you decide!
7. Top a whole piece of pita bread with tomato sauce, shredded cheese and chopped vegetables to make a small pizza. Sprinkle with herbs and bake (see recipe).

Activity/Review

Okay, let's review before we taste different whole grain breads.

1. How many servings of whole grains do you need to eat daily? *At least 3 – 3 Are Key.*
2. How can whole-wheat or whole grain bread help you stay healthy and fit? *Decrease your risk of heart disease, some cancers and type 2 diabetes. Also, helps maintain healthy weight and prevents constipation.*

Okay, who is ready to taste different whole grain breads? *Give participants a blank index card on which to record their comments and which bread is their favorite and plan to buy. Allow them to taste several whole grain breads and make comparisons. Ask them which ones they like better and why. Ask how these compare to the taste of white bread. Have condiments like honey, soft margarine, jam, etc., for tasting breads. Cut bread slices into quarters (or smaller)*



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so participants can sample more than one variety without becoming too full. If available, bring toaster or small toaster oven to toast bread samples.

Ask participants to bring in boxes or bags from their favorite cereals to the next lesson so they can identify which ones are whole grain.

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Nutrition for Older Adults' Health

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact your local food stamp office, food bank, or senior center.

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Not All Breads Are Created Equal - Go for the Whole Grain!

100% Whole-Wheat Bread

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Servings per Container 22	
Amount per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Polyunsaturated 0g	
Monounsaturated 0 g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Calcium 4%	• Iron 2%
Thiamin 6%	• Riboflavin 6%
Niacin 10%	• Folic Acid 4%
Zinc 4%	• Selenium 15%
Ingredients: 100% whole-wheat flour, water, honey, yeast, etc.	

Honey Wheat Bread

Nutrition Facts	
Serving Size 1 slice (26g/0.9 oz)	
Servings per Container 22	
Amount per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Polyunsaturated 0g	
Monounsaturated 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3 g	
Calcium 0%	• Iron 4%
Thiamin 6%	• Riboflavin 2%
Niacin 4%	• Folic Acid 6%
Zinc 1%	• Selenium 7%
Ingredients: enriched wheat flour, water, honey, yeast, etc.	

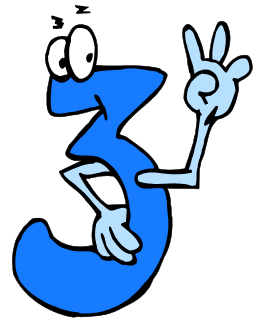
Get the **WHOLE GRAIN BONUS** with whole grain breads – more of the fiber vitamins, minerals and phytochemicals you need to stay healthy and fit!

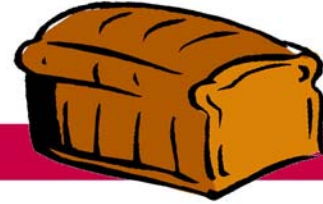
3 Are Key – eat at least 3 whole grain servings daily!



Go With the Grain – 100% Whole Grain Breads

- Start the day the whole grain way with whole grain toast, bagel or English muffin. Top with margarine, honey, jam or cinnamon and sugar and enjoy!
- Make sandwiches with whole grain bread – you'll have two of your whole grain servings in one meal. Two down and one to go!
- Use whole-wheat bread when you make French toast, garlic toast or cheese toast.
- Have whole grain dinner rolls with meals.
- Use extra or stale whole grain bread to make bread pudding or bread crumbs for toppings.
- Have a grown up PBJ with whole grain bread. Keep or cut the crusts – your choice!
- Tired of loaf bread? Try different kinds of whole grain breads, from pita bread to bagels, English muffins, hamburger buns and dinner rolls.
- Make a quick pizza with whole-wheat pita bread and toppings. Heat in oven and eat.





In Search of Great Whole Grain Breads

100% Whole Grain Breads	Fiber, grams (1 slice)	Calories (1 slice)
Arnold 100% Whole-wheat	3	90
Cobblestone Mill 100% Whole-wheat	3	100
Dutch Country 100% Whole-wheat	3	90
Kroger Private Selection 100% Whole-wheat	3	120
Nature's Own 100% Whole-wheat	3	50
Pepperidge Farm Natural Whole Grain German Dark Whole-wheat	3	90
Pepperidge Farm Natural Whole Grain 9 Grain	3	90
Arnold Stoneground 100% Whole-wheat	2	60
BI-LO Harvest Choice 100% Whole-wheat	2	70
Earth Grains 100% Stoneground Whole-wheat	2	100
Grant's Farm 100% Whole-wheat	2	70
Nature's Own Sugar Free 100% Whole-wheat	2	50
Pepperidge Farm Natural Whole Grain Honey Oat	2	90
Pepperidge Farm Natural Whole Grain Oat Bran	2	90





100% Whole Grain Breads	Fiber, grams (1 slice)	Calories (1 slice)
Pepperidge Farm Natural Whole Grain 100% Stoneground Whole-wheat	2	90
Publix Premium Recipe 100% Whole- wheat	2	70
S. Rosens 100% Whole-wheat	2	90
Sara Lee Classic Wheat 100% Whole- wheat	2	70
Sara Lee Homestyle Wheat 100% Whole- wheat	2	100
Stone Hearth 100% Whole-wheat	2	90
Earth Grains Thin Sliced 100% Whole- wheat	1.5	45
Wonder 100% Whole-wheat	1.5	55

Great Whole Grain Breads

For breads not listed, look for the **WHOLE GRAIN** logo or whole grain health claims on wrapper; for 100% whole-wheat or 100% whole grain in the bread name; or for a whole grain listed first in the ingredient list.

Great whole grain breads:

- Supply 3 grams of fiber per slice.
- Have great taste. Try different brands to find taste and texture you like.
- Don't have to cost a lot. Compare prices of store brand whole grain breads to name brands to save money.
- Can be found at bread discount stores. Stock up and freeze extras.





Veggie Pita Pizzas

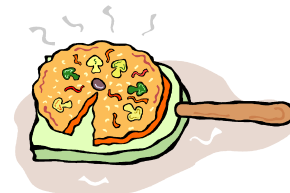
4 whole-wheat pita bread rounds	1 tsp dried oregano
½ red bell pepper, finely diced	1 tsp dried basil
1 small zucchini, finely diced	Crushed red pepper flakes, optional
1 small yellow squash, finely diced	8 tsp grated Parmesan cheese
2 ½ - 3 oz jar or can sliced mushrooms, drained	½ cup shredded part-skim mozzarella cheese

1. Preheat oven to 400°F. On oven rack or in toaster oven, toast pita bread for 1 minute. Remove and allow to cool.
2. Spread ¼ cup pasta sauce on each pita round.
3. In medium bowl, combine red pepper, zucchini, yellow squash and mushrooms. Spoon evenly on pita rounds. Sprinkle ¼ tsp oregano and basil on each round. Divide mozzarella among pitas. Top each with 2 tsp Parmesan cheese. If desired, sprinkle with a bit of crushed red pepper flakes.
4. Bake in oven, watching carefully, until cheese is melted and bubbly and pita is hot, about 5 to 7 minutes. Serve immediately. Makes 4 servings.

Try with other combinations of vegetables in same quantities. Can also use frozen vegetables that have been thawed. To make 1 or 2 servings, cut recipe to one-fourth or one-half.

Nutrition Facts per serving **Serving size: 1 whole pizza**

Total calories	186
Total fat	6 g
Total carbohydrate	26 g
Total fiber	3 g



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Whole Grains
Lesson 2 – Whole Grain Breads Post Test

Date:	Name:
County:	Age:

Please circle or write in your answers.

- I like the taste of whole-wheat breads.
a. Yes b. No
- I plan to use whole grain breads to make sandwiches or toast this week.
a. Yes b. No
- I will compare prices when I shop for whole grain breads to save money on my food bill.
a. Yes b. No
- I learned something new from this lesson.
a. Yes b. No