

# Step One

## *Eat Whole Grains*



*Begin with the possible; begin with one step.  
There is always a limit; you cannot do more than you can.  
If you try to do too much, you will do nothing.*

—P.D. Ouspensky and G.I. Gurdjieff

### **The Whole Story About Whole Grains**

What's the big deal about whole grains and whole-grain products? What do whole grains have that refined grains lack? Whole grains, unlike refined, retain their fiber, antioxidant vitamins, minerals, and phytochemicals—nutrients that may help to reduce your risk of Type 2 diabetes, heart disease, and cancer.

Whole grains help maintain normal insulin and blood sugar levels. In studies of large groups of people, researchers found that people who ate the most cereal fiber—the kind of fiber found in whole grains—had an up-to-30-percent reduction in their risk of type 2 diabetes compared with those who ate the least. Promising research shows diets higher in whole grains may also decrease your risk of heart disease and some cancers and may help you to maintain a healthy body weight.

Whole grains are an excellent source of energy-boosting complex carbohydrates (also known as starches). They are naturally low in calories, fat, sodium, and sugar.

Whole grains are higher than refined grains in fiber and disease-fighting phytochemicals such as lignans, phytoestrogens, and phytic acid. The fiber in whole grains is a combination of soluble fiber—the kind that may help to reduce cholesterol levels—and insoluble fiber, or roughage, the kind that helps to keep you regular.

When whole grain is refined, a number of beneficial components are removed, including the bran, germ, and as many as 16 vitamins and minerals. Only five of these lost vitamins and minerals—B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, iron, and folic acid—are added back when the refined flour is “enriched.”

### **What Makes a Grain “Whole”?**

A whole-grain kernel, or seed, is made up of three parts: bran, germ, and starchy endosperm.

The outer layer, or bran, contains fiber, B vitamins, and minerals such as iron and potassium.

The inside portion, or starchy endosperm, contains mostly complex carbohydrates and some protein, but few vitamins and minerals.

The germ, located at the base of the kernel, contains B vitamins, vitamin E, trace minerals, and protein.

White or refined flour is made from only the starchy endosperm part of the whole-grain kernel.

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Compared with refined enriched wheat flour, whole-wheat flour contains 200 to 700 percent more calcium, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, pantothenic acid, and vitamins B<sub>6</sub> and E.

For these reasons and more, the new MyPyramid Food Guidance System recommends that at least half of the grain products you eat each day be whole grains.



### **There is More to Whole Grains Than Fiber Alone**

A whole grain contains significantly more nutrients than a refined grain, but there may be slight differences among whole grains. Some whole grains are high in fiber, while others are not.

For example, an ounce of whole-wheat flour contains three and a half grams of fiber; an ounce of brown rice flour contains less than half that amount. However, because of the wide variety of health-supportive nutrients in whole grains, both high-fiber and naturally lower-fiber whole grains are valuable choices.

# Sleuthing Around for Truly Whole Grains

It has gotten harder to spot truly whole-grain products. Some cereal manufacturers have the words “Whole Grain” splashed in big letters across their cereal boxes, even though the cereal inside contains only a half serving of whole grain. Other products, such as breads, are labeled in big letters announcing whole wheat, multigrain, or seven grain, while they are actually made with mostly refined white flour.



The manufacturer needs to add only a negligible amount of whole grain to a product to call it whole grain. Take these simple steps to be sure you are buying a whole grain food:

- Check the ingredient list and make sure the first ingredient listed is a whole grain. Ingredients are listed from most to least by weight. Look for the word “whole” or “whole-grain” before the name of the grain— for example, whole wheat or whole-grain rye.

## Quick tip:

If the front label says “100 percent whole wheat” or “100 percent whole grain,” then it is truly a whole-grain product.

Beware: even “organic wheat” means refined, unless it is “organic whole wheat.”

- Look for this FDA-sanctioned whole-grain health claim: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” Companies can use this claim only if their product contains 51 percent or more whole-grain ingredients by weight, is low in fat, and is a good source of fiber.

Another way to check for the presence of whole grain is to look for products that display the Whole Grain Stamp, developed by the Whole Grains Council ([www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)).

The Whole Grain Stamp indicates the number of grams of whole grain found in one serving of a product.

One full MyPyramid serving of a whole-grain contains 16 grams of whole grain, one half MyPyramid serving of a whole-grain contains 8 grams of whole grain.

To meet the minimum recommended three 16-gram servings a day, the stamp also reminds us to “Eat 48 grams or more of whole grains daily.”

Remember— this number refers to the total amount of whole grain in a serving, not the amount of fiber in the whole grain.



# Step One: Eat More Whole-Grain Foods

For our first step toward better eating, we're starting with a food group that most of us need to eat more of: whole grains. The latest Dietary Guidelines for Americans 2005 recommend that we consume three or more servings of whole-grain products per day. In general, at least half the grain foods you eat each day should be whole grains.



For this first step, see if you can increase the amount of whole-grain foods that you eat. Remember, just three of your daily Grains Group servings need to be whole-grain. (Although, you may find them so delicious that you start to choose them even more often. Great!)

Start where you are now. Do you never choose whole-grain foods? Choose them only once in a while? The following ideas and tools will help you to move closer to the "at-least-three-a-day" whole-grain goal.

## Easiest/No Cooking:

- Try a whole-grain cold breakfast cereal. You can ease into this by mixing half of the one you're using now with half of the whole-grain one.
- Try popcorn or a whole-grain granola bar for a snack.
- Take a Ryvita Fruit Crunch Cracker break. The added fruit makes this a bit sweet and chewy.
- Order your sandwich made with whole-grain bread.

## Minimal Prep:

- For breakfast, try instant oatmeal or, if you have a few more minutes, try regular oats, Maypo, or Bear Mush. You can make extra of this on the weekend and heat it up the next day for a quick breakfast. Cooked hot cereal also freezes well. Put up single servings (each half-cup is a one-ounce equivalent of grains) in reusable containers or freezer bags. Freeze them and you'll have hot breakfast grains in an instant after you microwave them in a cup or bowl.
- Top each half of a toasted whole-wheat English muffin with tomato sauce and a slice of low fat cheese. Microwave just until the cheese is melted.
- Toast a small (2-ounce) whole-wheat bagel. Top with sliced turkey or grilled tempeh (a whole soybean patty, originating from Indonesia), low fat mayonnaise, tomato slice, and lettuce.

## Fast Cooking:

- Try a quick-cooking whole grain such as 10-minute brown rice or whole-wheat couscous instead of white rice.
- Switch to whole-grain instead of white pasta.
- Try Annie's Organic Whole-Wheat Shells and Cheddar.



## Where Do I Find Whole-Grain Foods?

Here are some brand names to get you started. For a more complete list of whole-grain products, please see "Whole-Grain Foods at the Co-op" which follows.

### Whole-grain breads:

Arnold 100% Stoneground Whole Wheat, Genuine Bavarian Whole-Grain Breads, Pepperidge Farm 100% Stoneground Whole Wheat, Thomas' Sahara 100% Whole- Wheat Pita Bread

### Whole-grain cold breakfast cereals:

Total, Cheerios, Shredded Wheat, Barbara's Shredded Oats and Multigrain Shredded Spoonfuls, Health Valley Organic Oat Bran Flakes and Organic Oat Bran O's

### Whole-grain hot breakfast cereals:

Maypo, John McCann Steel Cut Oatmeal, Arrowhead Mills 7-Grain Cereal, Rice and Shine, Bear Mush, Fantastic hot cereals in a cup

## Pass Me the Pasta

Whole-grain pastas are another way to experience the rich flavor of whole grains. Look for Bionaturae Organic Whole-Wheat Pasta, Tinkyada Brown Rice Pasta, and Westbrae Natural Organic Whole-Wheat Lasagna.

## Bulk Up on Grains

In the Bulk Foods aisle, customers can purchase just the amount they need from bins of grains, flours, beans, spices, and more, at substantial savings. Grains are a low-cost, satisfying addition to meals and recipes. You'll find whole-yellow or blue cornmeal, brown rice, wild rice, whole-grain flours, and popcorn, as well as whole-grain granola, cereals, and whole-grain pastas.

At the Co-op, you'll also find less-common grains such as amaranth, quinoa, spelt, bulgur wheat, buckwheat, kasha (buckwheat groats), millet, whole blue or yellow cornmeal (not degermed), whole hulled barley (not pearled), and whole-rye flakes and flours.

## Whole-Grain Snacking

Health Valley Granola Bars, Nature Valley Crunchy Granola Bars, and Save the Forest Organic Cereal Bars are good whole-grain choices.

Don't forget popcorn, an all-American favorite whole-grain choice!

Switch from refined wheat crackers to Kavli, Finn Crisps, Ryvita, or Wasa crackers, Ak-mak, or Hains Wheatettes.

# Whole-Grain Foods at the Co-op

*You won't believe all the choices you have!*



Please note: This is not a complete list, merely a starting point. New products are regularly added to the store shelves. For products not listed here, be sure to look for a "whole grain" listed first in the ingredient list.

## Baking Aisle

**Arrowhead Mills** Buckwheat, Buttermilk, Blue Corn, and Multigrain Pancake and Waffle Mixes; All-Purpose Baking Mix; Wheat-free All-Purpose Baking Mix; Whole Wheat, Barley, Brown Rice, Oat, Amaranth, Whole Yellow Cornmeal, and Whole-Wheat Pastry Flours; Multigrain Cornbread, Organic Whole-Wheat, and Organic Multigrain Bread Mix

**Hodgson Mill** Whole-Wheat Gingerbread Mix

**King Arthur** Whole-Wheat Flour

## Breads

**Vermont Bread Company** Organic Oat, Organic Wheat, Organic Multigrain, Cinnamon Raisin, Whole Wheat, Sunflower Sesame, Soft 10 Grain, Soft Whole Wheat

**Jerusalem Brand** 100% Organic Spelt Pita Bread

**Thomas'** Sahara 100% Whole-Wheat Pita Bread

## Breakfast Cereals (Cold)

**Alpen** Swiss Style Cereal

**Barbara's** Shredded Oats, Multigrain Shredded Spoonfuls

**Familia** Muesli

**Health Valley** Organic Oat Bran Flakes, Organic Oat Bran O's

**Kashi** Puffed Kashi

**Kellogg's** Mueslix, Complete Wheat Bran Flakes, Life, Cinnamon Life, Frosted Mini-Wheats

**Life Stream** Flax Plus

**Nature's Path** Eco Pak Multigrain and Raisins, Multigrain Oat Bran Flakes, Heritage O's, Muesli, Organic Wheat Puffs, Kamut Puffs, Mesa Sunrise

## Breakfast Cereals (Hot)

**Arrowhead Mills** 7-Grain Cereal, Rice & Shine, Yellow Corn Grits, Bear Mush

**Fantastic** Hot Cereals (in a cup)

**Kashi** 7 Whole Grain & Sesame

**Maypo**

Oatmeal (all brands)

## Bulk Foods Aisle

6-Grain Flour

Brown Rice Flour

Buckwheat Flour

Bulgur Wheat

Hulled Barley

Millet

Oat Flour

Popcorn

Quinoa

Spelt Flour

Tabouli Salad Mix

Wheat Berries

Whole-Blue Cornmeal

Whole-Rye Flour

Whole Wheat

Whole-Wheat Couscous

White Whole-Wheat Flour

Whole-Yellow Cornmeal

Wild Rice



## **Bulk Foods Aisle**

### **Breakfast Cereals**

7 Grain Cereal

**Arrowhead Mills** Organic Nature O's

**Breadshop** Golden Flax Crunch Cereal

Granola (all brands)

Muesli (all brands)

Rolled Whole-Rye Flakes

Whole-Wheat flakes

### **Bulk Foods Aisle Pastas**

100% Buckwheat Soba

**Mrs. Leeper's** Brown Rice Garlic Twists

Organic Whole-Wheat Lasagna

Organic Whole-Wheat Spaghetti

**Pastariso** Brown Rice Spaghetti

Quinoa Elbows

**Sobayo** Whole-Wheat Udon

**Tinkyada** Brown Rice Pasta (all shapes)

### **Crackers**

**Edward's & sons** Brown Rice Snaps

**Finn Crisps** All

**Hain** Wheatettes

**Kavli** All

**Ry Krisp**

**Ryvita** All

**SanJ** Brown Rice Crackers, Black Sesame Rice Crackers

**Wasa** All

### **Frozen**

**Alvarado's** Bakery Sprouted Soy Crunch Bread, Sprouted Sourdough Bread

**Amy's** Organic Black Bean Rancheros Breakfast Burrito, Organic Beans & Rice Nondairy Burrito, Organic Bean & Rice

Cheddar Cheese Burrito, Organic Vegetable Veggie Pot Pie and Organic Broccoli Veggie Pot Pie

**Bagel Works** Honey Wheat Raisin Bagels, Multigrain Bagels

**Cascadian Farms** Organic Moroccan Vegetarian Meals

**Cascadian Farms** Organic Veggie Bowls

Szechuan Rice

**Cedarlane**

100% Organic

Whole-Wheat

Chapati

**Food For Life**

**Breads** Ezekiel

4:9 Sprouted

Grain, Prophet's

Pocket Bread,

Cinnamon Raisin, Sesame Bread, Bran for

Life, Millet, Rice Almond, Brown Rice,

Rice Pecan, Low Sodium

**French Meadow** Organic Sprouted

Bagels, Organic Spelt Bread

**Lifestream** 8-Grain Sesame Toasted

Waffles, Flax Plus Toasted Waffles

**Matthew's** Whole-Wheat English

Muffins

**Nature's Path** Manna Fruit & Nut Bread

**Taj Ethnic Gourmet** Authentic Recipe

Chicken Tikka Masala, Palak Paneer

**Vans** Wheatfree Apple Cinnamon

Waffles, Organic Blueberry Waffles

### **International Aisle**

**Annie's** Organic Whole-Wheat Shells & Cheddar

**Tamarind Tree** Heat & Serve Indian Entrees

### **Pasta Aisle**

**Bionaturae** Organic Whole-Wheat Pasta

**DeBoles** Whole-Wheat Pasta

**Tinkyada** Brown Rice Pasta

**VitaSpelt** Spelt Pasta

**Westbrae** Natural Organic Whole-Wheat Lasagna, Whole-Wheat Pasta

### **Snacks**

**All Season's Kitchen** Corn Chips (all flavors)

**Bearitos** Tortilla Chips

**Garden of Eatin'** Tortilla and Cantina Chips (all flavors)

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**Health Valley** Healthy Chips Original  
Style Cookies, Granola Bars, Amaranth  
Graham Crackers  
**Koyo** Organic Rice Cakes (all flavors)  
**Little Bear** Reduced Fat Corn Chips  
**Lundberg** Organic Brown Rice Cakes (all  
flavors)  
**Kettle** Tortilla Chips (all flavors)  
**Green Mountain Gringo** Tortilla Strips  
**Guiltless Gourmet** Tortilla Chips  
**Maine Coast Sea Vegetables** Sea Chips

**Nature Valley**  
Crunchy  
Granola Bars  
**Newman's**  
**Own Organics**  
Tortilla Chips  
(all flavors)  
Popcorn (all  
brands)  
**Save the Forest** Organic Cereal Bars





## Whole-Grain Cookery

*Consuming your three or more whole grain servings each day was never so delicious!*

### Whole-Wheat Baking Powder Biscuits

*Serves 12*

2 cups whole-wheat flour	¼ cup butter
2 tsp. baking powder	¾ cup milk
½ tsp. salt	

Preheat oven to 300°F. Spray a baking sheet with cooking spray and set aside. Before measuring, stir flour lightly. In a large bowl, mix together flour, baking powder, and salt. Cut butter into ½-inch chunks over the flour mixture, and then blend with a fork or pastry cutter until the dough resembles a coarse meal. Add the milk, stirring well. Turn onto a floured surface and, with floured hands, pat the dough out until it is about ½ inch thick. With a biscuit cutter or a floured drinking glass, cut the dough into rounds. Place biscuits on the prepared baking sheet, spacing close together for soft-sided biscuits or not touching, about 1-inch apart for crusty sides. Bake for 15-20 minutes.

Per serving (2½-inch biscuit): Provides 1¼ servings of whole grains (20 grams), 109 calories, 3 g protein, 5 g fat, 15 g carbohydrate, 226 mg sodium, 13 mg cholesterol

### Banana Breakfast Muffins

*Serves 12*

2½ cups whole-wheat flour	¼ cup honey
½ tsp. salt	3 mashed ripe bananas
1 tsp. baking soda	2 Tbs. vegetable oil
2 tsp. baking powder	1½ cups water
1/3 cup powdered milk	

Preheat oven to 400°F. Spray a 12-cup muffin tin with cooking spray or place a muffin cup liner in each muffin cup. Gently stir whole-wheat flour and then spoon into measuring cup, leveling with a knife. In a medium bowl, mix together the dry ingredients. Set aside. In a separate large bowl, blend the honey and bananas, then stir in the oil and water, beating until smooth. Add the dry ingredients, stirring just until blended. Fill muffins cups about 2/3 full. Bake for 25 minutes, or until a wooden toothpick or skewer comes out clean.

Per muffin: Provides 1½ servings of whole grains (25 grams), 160 calories, 4 g protein, 3 g fat, 32 g carbohydrate, 190 mg sodium, less than 0.5 mg cholesterol

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## Bell Peppers Stuffed with Swiss Chard and Quinoa

*Serves 4*

Quinoa originated in the Andean region of South America some 6,000 years ago. This nutritious high-protein grain must be rinsed before cooking to remove its coating of bitter-tasting saponins, a naturally-occurring plant defense.



5 large red bell peppers	¼ cup chopped fresh cilantro
¾ cup quinoa, rinsed	¼ cup chopped fresh parsley
1½ cups water	2 Tbs. chopped fresh dill
½ tsp. salt	1 Tbs. lemon juice
¼ cup pine nuts	1 tsp. freshly grated lemon zest
2 tsp. extra-virgin olive oil	Freshly ground black pepper to taste
1 cup chopped scallions	
½ tsp. ground cumin	
10 ounces Swiss chard or other fresh greens, shredded (8 cups)	

Preheat oven to 450°F. Spray a baking sheet with cooking spray or cover with parchment paper.

Cut the peppers in half lengthwise, leaving stems on. Carefully remove seeds. Place peppers, cut side down, on the baking sheet. Bake for 10 to 15 minutes, or until just tender. Dice 2 halves; set all peppers aside.

While the peppers are baking, rinse the quinoa well in a mesh colander or through a cheesecloth. Combine quinoa, water, and salt in a medium saucepan and simmer, covered, until tender, 10 to 15 minutes. Set aside.

Toast pine nuts in a dry skillet over medium heat, about 5 minutes, stirring, until lightly browned. Remove from skillet and set aside.

Over medium heat, warm the oil, then sauté the scallions and cumin for about 2 minutes until softened. Add Swiss chard and cook, stirring occasionally, for 2 to 3 minutes, until greens are wilted. Remove from heat. Stir in cilantro, parsley, dill, lemon juice, lemon zest, reserved chopped pepper, cooked quinoa, and pine nuts. Adjust seasoning with salt and pepper.

Spoon the mixture evenly among pepper halves. Serve warm or at room temperature.

Per serving (2 stuffed pepper halves): Provides 2 servings of whole grains (32 grams), 237 calories, 9 g protein, 10 g fat, 33 g carbohydrate, 456 mg sodium, 0 mg cholesterol



## Three-Grain Mushroom Pilaf

*Serves 8*

This is a recipe for a worldly grain adventure! Tiny, protein rich amaranth seeds were a food staple of the Aztecs. Millet, another petite grain, is a popular food crop in India. Brown rice is grown around the world in warm, humid climates.

½ cup chopped onion	½ cup dry white wine
1 cup sliced mushrooms	¼ tsp. coarsely ground black pepper
1 Tbs. canola oil	¼ cup chopped fresh parsley
¼ cup amaranth	½ cup grated Parmesan cheese
¼ cup millet	
½ cup long-grain brown rice	
3 cups low-sodium chicken, beef, or vegetable stock	

In a large skillet, sauté onion and mushrooms in oil until the mushrooms are tender. Add grains, stirring constantly until browned, about 2 minutes. Add stock, bring to a boil, then reduce heat. Cover and let simmer about 30 minutes, until the grains are tender. Remove from heat. Stir in wine and pepper. Cover and let stand 5 minutes. Just before serving, stir in parsley and cheese.

Per serving (½ cup): Provides 1½ servings of whole grains (24 grams), 152 calories, 6 g protein, 5 g fat, 20 g carbohydrate, 138 mg sodium, 4 mg cholesterol

## Fruit and Walnut Millet Porridge

*Serves 6*

1 Tbs. extra-virgin olive oil	½ cup dried apricots, snipped into small pieces
1 cup millet	½ tsp. ground cinnamon
2 cups water	¼ cup chopped walnuts
½ cup raisins	

Heat oil in a heavy saucepan. Stir in millet until it begins to turn toasty and golden. Add water, raisins, apricots, cinnamon, and walnuts. Bring mixture to a boil; then immediately turn heat down to simmer, cover, and cook 25 minutes until all liquid is absorbed. This is delicious topped with yogurt and a teaspoon or two of honey.

Per serving (½ cup): Provides 2 servings of whole grains (33 grams), 238 calories, 6 g protein, 7 g fat, 41 g carbohydrate, 4 mg sodium, 0 mg cholesterol

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## Salad of the Americas

*Serves 6*

Quinoa, corn, and beans—staple foods of the Incas, Mayas, and Aztecs—are combined in this dish with other native American foods—tomatoes and pumpkin seeds—to produce a salad that is colorful, nutritious, and tasty.



1 cup quinoa, well-rinsed  
½ cup cooked fresh or frozen corn  
    kernels  
Juice of 1 lemon  
2-3 scallions, minced  
1 Tbs. extra virgin olive oil  
Salt and Pepper to taste

1 15-oz. can beans: black, pinto, or great  
    northern, drained and rinsed  
1 cup diced ripe tomatoes  
1 Tbs. balsamic or cider vinegar  
¼ cup chopped fresh parsley  
  
Garnish: 2 Tbs. pumpkin seeds

Bring 2 cups water to boil in a small, heavy saucepan. Add the quinoa and simmer gently, covered, for 15 minutes. Fluff with a fork and let cool to room temperature.

While quinoa is cooking, prepare corn: if using fresh, cook corn on the cob, then cut off cooked kernels; if using frozen, prepare following package directions.

Combine quinoa, corn, lemon juice, scallions, extra virgin olive oil, salt, and pepper in a mixing bowl and set aside.

In a separate bowl, combine remaining ingredients, except pumpkin seeds, and toss together.

To assemble: place quinoa-corn mixture in the center of a platter or large dish. Make a well in the center and mound the bean mixture into the well. Sprinkle with pumpkin seeds and serve.

Per serving (½ cup): Provides 1¾ servings of whole grains (28 grams), 201 calories, 10 g protein, 4 g fat, 34 g carbohydrate, 47 mg sodium, 0 mg cholesterol

# More Whole Grain Resources



## Cookbooks Featuring Whole Grains

*The Co-op Cookbook* by Rosemary Fifield

*Great Grains* by Linda Drachman and Peter Wynne

*Just Add Water* by Lauren Chattman

*King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains* by King Arthur Flour

*Lean, Luscious and Meatless* by Bobbie Hinman

*The Little Grain Cookbook* by Patricia Stapley

*The New Book Of Whole Grains* by Marlene Anne Bumgarner

*The Super Pyramid Eating Program* by Dr. Gene Spiller

*Uprisings: The Whole Grain Baker's Book* by The Cooperative Whole Grain Education Association

*The Versatile Grain and the Elegant Bean* by Sheryl and Mel London

*Vegetarian Cooking for Everyone* by Deborah Madison

*Whole Grains* by Sara Pitzer

*Whole Grain Cookery* by Stella Standard

*With The Grain* by Raymond Sokolov

## Whole-Grain Websites

The **Whole Grains Council**: A Consortium of Industry, Scientists, Chefs and Oldways Preservation Trust members committed to increasing consumption of whole grains for better health.

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

FATFREE: The **Low Fat Vegetarian Recipe Archive** website has many, many recipes for whole grains.

[www.fatfree.com/recipes/grains](http://www.fatfree.com/recipes/grains)

The **Wheat Foods Council** offers whole-grain information and the latest research.

[www.wheatfoods.org](http://www.wheatfoods.org)

Visit the **National Barley Foods Council** website for recipes and information.

[www.barleyfoods.org](http://www.barleyfoods.org)

The **Quaker Oats** folks offer lots of recipes and oat nutrition information.

[www.quakeroatmeal.com](http://www.quakeroatmeal.com)