

Whole vs. Organic:

What's The Difference?

Organic food is a more familiar term with a clearer meaning. Organic foods have specific standards on how the food is produced, handled, processed, and marketed. Farming organically is a production process that avoids or mainly excludes using synthetic fertilizers and pesticides. Labeling a food as organic is describing the food based on the process in which it was made and not the product itself.

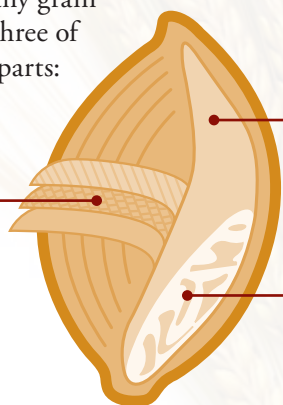
Fresh fruits and vegetables are the easiest examples of whole foods. They are naturally grown and haven't had nutrients removed from them. Whole grains are another common whole food and can be found in a variety of forms. Breads and cereals made from whole grains are the most common source of a whole food for the average consumer.

What is a whole grain?

A whole grain is any grain that contains all three of the grain's edible parts:

Bran

contains fiber, minerals, trace minerals, and phytochemicals



Endosperm

contains starch, protein, and vitamins

Germ

contains antioxidants, fats, minerals, trace minerals, phytochemicals, and vitamins

The Whole Grain Quiz

True or False: Bread that is darker in color means it is made from whole grains.

False. The color could be from the inclusion of molasses, caramel coloring or other artificial colorings.

True or False: Reading the label is a good way to determine if the food is made from whole grains.

True. The first ingredient of whole grain foods should include the words whole wheat, whole rye, oats, whole-grain corn, oatmeal, wild rice, brown rice, graham flour or bulgur. Another important way is by checking the fiber content on the nutrition label. Two grams of fiber should be provided in each slice of whole grain bread.

True or False: The processing or refining of whole grains affects only the taste of the final product and not the nutritional content.

False. Refining a whole grain removes some of the germ and much of the bran. This results in a loss of fiber, vitamins, minerals, unsaturated fat, and phytonutrients.





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE BY

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Hummus veggie wrap



Measure:

2
4 Tbsp
4 Tbsp
1
1
½ cup
2 Tbsp
2 Tbsp

Ingredients:

fat free 10-inch tortillas
softened fat-free cream cheese
pureed garbanzo beans (a.k.a. "hummus")
small tomato, chopped
green onion, chopped
shredded leaf lettuce
fresh Italian parsley
salsa of choice

Preparation:

Spread the cream cheese over one tortilla, placing the second tortilla on top of the cream cheese. Spread the hummus on top of the second tortilla. Sprinkle with the chopped tomatoes, onions, lettuce, parsley and salsa. Roll up tortilla and wrap tightly with plastic wrap. Chill to firm up the cream cheese. Slice in half, making two 5-inch wraps. Remove plastic and serve.

Number of Servings: 2

Nutrition Analysis: *Calories 287, Fat 4g, Cholesterol 5mg, Protein 17g, Sodium 937mg, Carbohydrate 47g*

Cream Of Asparagus Soup

Garnish with thin asparagus spears for a graceful presentation.

Ingredients

1 quart plain soy milk or fat-free half-and-half, warmed
3 cups steamed or roasted and chopped asparagus (about 1 lb.)
⅓ cup plant-sterol margarine
1 medium onion, finely chopped
2 Tbsp non-instant fat-free dry milk
2 Tbsp flour

Directions: In a large pot, melt margarine. Add onion and sauté until softened. Stir in flour and dry milk. Cook until heated, forming a roux. Gradually add warmed milk, stirring until soup base is smooth. Continue to heat until soup thickens, stirring occasionally. Purée asparagus in a blender until smooth. Cool the soup base and blend in small amounts at a time with the vegetable purée. For an extra creamy, smooth soup, pour through a fine sieve after blending. Serve warm or cold.

Nutrition: *Calories: 265, Total Fat: 14, Cholesterol 1mg, Sodium 258mg, Carbohydrate 28g, Protein 6g*

Number of servings: 4



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