

NEWS

You Can Use

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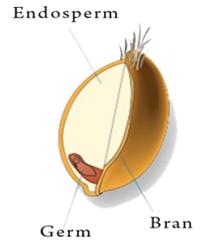
NUTRITION EDUCATION WITH SENIORS



Grain foods are those that come from the seeds of grasses, including wheat, **rice**, oats, cornmeal, and cereal grains. Foods made from grains provide energy for our bodies in the form of carbohydrates. There are two types of grains:

Refined grains: Have been processed in order to remove the bran and germ, leaving the starchy outer portion (endosperm) of the kernel in tact. Refined grains have a finer texture and longer shelf-life. When buying refined grains, look for “enriched” products since vitamins and minerals have been added back. Refined grains typically have less fiber than whole grains, unless it’s been added.

Examples: white rice, white bread, white flour



Whole grains: Has all three parts of the grain kernel: the bran, germ, and endosperm. The complete grain kernel contains B vitamins, fiber, protein, minerals, and antioxidants.

Examples: brown rice, whole grain bread, oatmeal, popcorn

- ◆ Women should consume *5 servings* and men should eat *6 servings* of grains daily.
 - ◆ Make at least half (*3 servings*) of your total grains whole grains.
- ◆ One grain serving equals: 1 slice of bread, ½ cup cooked rice or pasta, 1 cup cold cereal

Ready, Set, Rice!

Types:

- ◆ *Long grain:* rice is firm and fluffy after cooking
- ◆ *Medium grain:* rice is soft, sticky, and moist following cooking
- ◆ *Short grain:* rice is very sticky after cooking



Selection:

- ◆ Choose rice varieties whose packaging remains unopened and free from damage.

Storage:

- ◆ Before storing, inspect rice for insects or discoloration (yellow in color).
- ◆ Place dry rice in a sealed container and store in a cool, dry environment.
- ◆ Cooked rice can be stored in a sealed, shallow container for up to four days in the refrigerator or up to six months in the freezer.

Nutrition:

- ◆ One serving from the MyPlate grain group is equivalent to ½ cup cooked rice.
- ◆ Contains vitamins and minerals such as iron, niacin, thiamin, and folic acid



Preparation & Uses:

- ◆ Follow package directions for preparing and cooking rice.
- ◆ Can be used as a side dish, added to soup, baked in a casserole, used to make rice pudding, and more

Tips for Organizing Your Refrigerator

If you are having trouble finding food items in your refrigerator, it's time to organize! Organizing the refrigerator will help reduce food waste, prepare meals in less time, and save money on groceries.

- **MEAT:** Place packaged raw meat, poultry, seafood, and lunch meat in a dish or on a plate in a separate drawer to avoid cross-contamination. If a drawer is unavailable, keep on a low shelf to prevent dripping juice from coming in contact with other foods.
- **DAIRY:** Store items such as cheese, yogurt, and cottage cheese together. Do not store on the door shelves, as warm air from opening the refrigerator can cause spoilage to occur faster.
- **LEFTOVERS:** Put leftovers in a sealed, airtight container labeled with the food name and date for refrigerator storage. Freeze items that will not be used within four days. Be sure to rotate older leftovers to the front of the shelf so they are eaten first.
- **EGGS:** Keep eggs in their carton and store on a main shelf. Avoid placing them in the door shelves in order to maintain a constant, cold temperature.
- **CONDIMENTS AND SAUCES:** Label each bottle with the date it was opened and place together on a door shelf. Since they are more easily seen this way, it will reduce the chance of buying doubles.

For more information visit: <http://www.extension.iastate.edu/foodsavings/clean-refrigerator>

Teriyaki Rice Bowl

Serves: 6

Serving size: 1 cup



Ingredients:

- 2 teaspoons cooking oil
 - 3/4 pound boneless chicken/beef/pork*, cut in strips
 - 1/4 teaspoon garlic powder
 - 2 cups water
 - 1/2 cup low-sodium teriyaki or soy sauce
 - 2 cups uncooked minute white rice
 - 1 14- to 16-ounce package frozen stir-fry vegetables
- *Canned meats can be used too. Simply drain and rinse.

Instructions:

1. Heat oil in large non-stick skillet on high heat. Add chicken or other meat and garlic. Cook and stir 5 to 10 minutes.
2. Add water and the teriyaki sauce; stir. Bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot, about 5 minutes.
4. Let stand 5 minutes. Fluff with fork.

Nutritional analysis (1 cup): 344 calories, 3.9g fat, 0.7g saturated, 0g trans, 397.1mg sodium, 55.1g carbohydrates, 3.1g fiber, 2.3g sugar, 19.9g protein

Source: <http://www.extension.iastate.edu/foodsavings/recipes/teriyaki-rice-bowl>

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