

Grains

Grain products make up a large part of our diet. Most people don't have trouble getting enough grain servings in their diet but many people are in a grain rut, sticking to the usual refined bread, cereal and pasta day after day. Canada's Food Guide recommends that at least half of our intake of grain products comes from whole grains because whole grains are higher in fibre. Don't rely on a food's colour to tell you if it's a whole grain. Make sure that whole wheat, whole rye, oats, or another whole grain is the first ingredient on the food label. Over the holidays why not try shaking things up a bit. Instead of white pasta try whole wheat pasta. Instead of white rice try brown rice, wild rice or quinoa. You might just find your family prefers it!

Perfect Quinoa

1 cup quinoa, rinsed well

1.5 cups water

Pinch of salt

1 clove garlic, whole (this seems to mellow out the quinoa flavour)

Add all ingredients to a saucepan and bring to a boil over high heat. Stir, reduce heat to low, cover and cook for 20 minutes. Fluff with a fork and enjoy! Serves 4.

Happy Holidays from your School Meal Program Dietitian

