

Whole Grain Baking Tips— Sharon Davis, FCS Ed.

1. "Enriched" is healthful, just not whole grain.
 2. Keep both whole wheat pastry and whole wheat hard wheat flours handy.
 3. You may need to refrigerate or freeze any whole grain ingredients since they contain the germ.
 4. Buy whole grain cornmeal, oatmeal, rye, white wheat
These go virtually unnoticed as whole grains!
- Tip: You may want to pre-soak rolled grains, bulgur or cornmeal in liquids.
5. Try buying a few new wholegrain flours, meal, or rolled grains—barley, rye, oats, soy
 6. Use a well-tested recipe. Quick breads, cookies, cakes:
 $\frac{1}{2}$ (50%) of the all purpose flour may be changed to whole wheat pastry or whole wheat flour
Ex: 1 cup all purpose flour becomes,
 $\frac{1}{2}$ cup all purpose+ $\frac{1}{2}$ cup whole wheat
 7. Yeast breads— $\frac{1}{2}$ (50%) may be whole wheat flour; use hard (higher protein) whole wheat flour and bread flour.

Tip: 1 large egg or 1 tsp. vital wheat gluten may added

(per 3 cups flour) to enhance gluten development when whole grains and non-wheat flour used

8. $\frac{1}{8}$ to $\frac{1}{4}$ (25%) of the total wheat flour may be changed to a *non-wheat* rolled grain or flour (soy, rye, corn, oats, barley etc)

Ex: 1 cup all purpose or bread flour becomes

$\frac{3}{4}$ cup all purpose flour+ $\frac{1}{4}$ cup whole corn meal

OR, $\frac{1}{2}$ c. whole wheat flour, $\frac{1}{4}$ c. all purpose flour, $\frac{1}{4}$ c. whole cornmeal

Need-To-Know Facts



Whole grain food. 51% (or more) of ingredients (by weight) are grain and 51% or more of grain ingredients are whole grain.



100% Whole wheat bread. Made with whole wheat or grain flour as the total flour portion

Whole wheat flour. Flour produced from the whole kernel of wheat (bran, germ and endosperm). Wheat class used may be any of the six—spring, winter, red or white

Daily grain food serving recommendations

Average is 5 to 10 servings daily. *At least 3* servings should be whole grain.



Check out My Pyramid Plan for your age, weight, activity level at www.mypyramid.gov

Why eat whole grain foods? Whole grains are an excellent source of fiber, they help individuals maintain a healthy weight, and they contain:

Macronutrients carbohydrates and protein.

Micronutrients vitamins & minerals.

Phytonutrients — health protecting substances found in plant foods that enhance the body's resistance to chronic diseases (heart disease, cancer, diabetes).

Resources: www.nutrition.gov

www.bellinstitute.com

www.homebaking.org

www.kswheat.com

www.wheatfoods.org

www.wholegrainscouncil.org