



HEALTHY HABITS PROGRAM

APRIL'S GOAL

GO FOR WHOLE GRAINS!

EAT THREE MORE SERVINGS EACH DAY

TRACKING SHEET

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Notes: _____

HELPFUL TIPS

- For April's Healthy Habits goal, we're challenging you to eat three more servings of whole grains each day.
- Try whole-white-wheat bread and other whole-white-wheat products. It isn't a bait-and-switch gimmick; whole-white-wheat flour is made from an albino variety of wheat. This version is lighter in color and sweeter in flavor yet contains all the nutrients of its darker counterpart.
- Use whole-wheat flour in cookies, muffins, and breads. But don't just change over to all whole wheat: There are texture and flavor challenges. Start with half all-purpose flour and half whole-wheat flour.
- Looking for a healthy snack? Three cups of popcorn, popped is one serving of whole grain.
- Grain salads are a great make-ahead option, but as they sit, the grains will absorb dressings. Adjust the seasoning just before serving by adding a bit of acid, such as fresh citrus juice or vinegar, a pinch of salt, and a grinding of black pepper. Salads are best served at room temperature. If made ahead and refrigerated, let the salad sit out a few minutes or heat a few seconds in the microwave before serving.
- Store grains in airtight containers in a cool, dark place. If you live in a hot, humid climate, keep them in the refrigerator. In general, you can store cooked grains, tightly covered, in the refrigerator for up to five days; grains with a chewy texture (wild, brown, and black rice, barley, and bulgur) can be frozen without turning mushy.