

Nutrition Notables

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Special points of interest:

- Learn about the wide variety of grains available!
- Pair kiwifruit with quinoa in a wonderful salad!
- Learn about the health benefits of kiwi fruit!

Inside this issue:

- Recipe Box—
Kiwifruit and
Quinoa Salad 2
- Great Grains—
Continued 2
- Great Grains—
Continued 3
- Food Facts—
Kiwifruit 3

Great Grains!

Many of us eat only a few of the many grains available today. Each unique grain has health benefits and eating a variety of grains can improve our diets and enjoyment of food.

For people with celiac disease they can also provide alternatives to wheat, rye and barley. Many grains are gluten-free except barley, bulgur, farro/emmer, Kamut, rye, spelt, triticale, and wheat.

For vegetarians and vegans they can provide an additional source of important vitamins and minerals, such as iron and calcium.

Below is a list of the grains that are available and some information about the grain and their health benefits. Some are available in your health food stores, regular grocery stores, and online merchants. Many can be used to replace the more common grains we eat.

Not everyone is going to like every grain, but you won't know until you try them. So get adventurous and try one out today!

Amaranth—This grain was grown by the Aztecs until Cortez banded it. It has tiny grains that look like brown

caviar when cooked. It has a peppery flavor. It is gluten-free and has a higher amount of protein than most grains. It is also a good source of lysine, which most grains are lacking.

Barley—Barley has been grown since the days of the Egyptians and grows well in many climates. Keep in mind that pearled barley is not a whole grain. Instead look for hulled barley or lightly pearled barley instead. The main health benefit is in the fiber, which may be better at lowering cholesterol than oatmeal.

Buckwheat—Buckwheat is not truly a grain, but instead is a cousin to rhubarb. It has a nutty flavor. Buckwheat grows in poor soil and can be grown without pesticides. Buckwheat can improve circulation and help prevent LDL cholesterol from clogging arteries.

Bulgur—Bulgur is wheat kernels that have been boiled, dried and cracked. Because it is pre-boiled it cooks quickly, in about 10 minutes. This makes it a great base for side dishes or pilafs. Bulgur is the base for tabbouleh, a Middle Eastern dish. Bulgur has more fiber than quinoa, millet, oats,



buckwheat or corn.

Corn—Despite its poor reputation as a starchy vegetable, corn is actually a healthy grain. When eaten with beans it can be a good protein source. Also it has more antioxidants than any grain or vegetables.

Farro/Emmer—Emmer is an ancient strain of wheat that fell out of favor for durum wheat, which is easier to hull. Emmer is starting to make a comeback in Italy as a gourmet specialty and some believe it makes the best pasta.

Kamut® Grain—Kamut is also another heirloom grain like Emmer. Kamut has a buttery flavor. Kamut has a (continued on page 2)



Try this great pairing of a nutritious fruit and grain!

Recipe Box– Kiwifruit and Quinoa Salad

1/2 cup quinoa
 2 Zespri green Kiwifruit, peeled, quartered, sliced
 2 Zespri gold Kiwifruit, peeled, quartered, sliced
 1 cup red grapes, cut in half
 1 cup cherry tomatoes
 1/4 red onion, diced
 2 Tbsp. red wine vinegar
 1/4 tsp salt
 1/8 tsp black pepper, ground

Rinse quinoa under running water for 1 minute. Place quinoa and 1 cup water in medium saucepan. Bring to boil over high heat. Cover and reduce heat to low. Simmer for 15 to 20 minutes or until all water is absorbed. Fluff with fork.

Cool completely.

Place quinoa in large bowl. Add kiwifruit, grapes, tomatoes, and red onion; set aside.

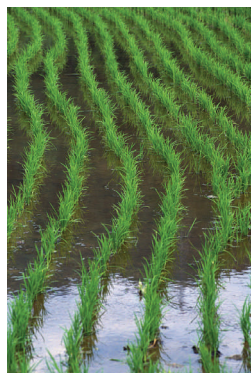
Whisk oil, vinegar, sugar, salt, and pepper in small bowl. Pour over quinoa mixture; toss lightly until

blended. Serve immediately.

Serves 6.

Per serving: 150 Calories, 3g protein, 24g carbohydrate, 2g fiber, 6g fat (1g saturated fat), 0mg Cholesterol, 105mg sodium.

Recipe compliments of Zespri Kiwifruit. Find more recipes at: www.zesprikiwi.com/recipes.htm



Each unique grain has health benefits!

Great Grains! - Continued

higher amount of protein and Vitamin E than common wheat.

Millet—Millet is commonly eaten in India, China, South America, Russia and the Himalayas. Millet has a mild flavor and can be mixed with other grains. Millet can be white, grey, yellow or red.

Oats—The sweet flavor of oats makes them a favorite for breakfast. Unlike most grains, oats almost never have their bran and germ removed, so you're almost always guaranteed its a whole grain. Steel-cut oats (also called Irish or Scottish oats) have a chewier, nuttier texture, but take longer to cook (20-30 minutes). Oats, like barley, can help lower cholesterol and they also help keep blood vessels from being damaged by LDL

cholesterol.

Quinoa—(Keen-wah) Quinoa was grown by the Incas in Peru. Quinoa cooks in 10-12 minutes and makes a light fluffy dish. However, it must be rinsed before cooking to remove a bitter coating that the plant creates to keep away bugs. The most common quinoa is light-colored, but it can also be red, purple or black. Quinoa is one of the few grains that is a complete protein and it's also a good source of iron.

Rice—Rice grows well in warm humid climates, which is why it was a common crop on plantations here in South Carolina. Rice like many other grains comes in several colors including black, purple, and red. Brown rice is lower in fiber than other grains, but still

has valuable nutrients. Rice is easily digested and good for restricted diets.

Rye—Rye is unusual in that it has a high fiber level without the bran. This makes it a good grain to choose for diabetics and for people trying to lose weight.

Sorghum/Milo—Sorghum, also called milo, is believed to have originated in Africa. It is a very drought resistant crop. In the US, it is mostly fed to animals. However, it is a versatile grain that can be eaten like popcorn, cooked into porridge, ground into flour and even brewed into beer.

Spelt—Spelt is a variety of wheat that can be used in place of common wheat in most recipes. It is higher in protein than common (continued on page 3)



Take a world cuisine adventure by trying a new grain!

Great Grains—Continued!

wheat. There is some reports that people who are sensitive to wheat can tolerate spelt, but it still recommended that people with celiac disease avoid spelt.

Teff—Teff is the main source of nutrition for over two-thirds of Ethiopians. Teff is a type of millet and has very tiny grains. It has a sweet molasses like flavor and comes in red, brown or white. Teff is versatile and can be cooked into porridge, added to baked goods, or made into “teff polenta”. All teff is whole grain and has twice as much iron as other grains and three times as much calcium.

Triticale—(Trit-i-kay-lee) Triticale is a cross between durum wheat and rye. Most is grown in Europe. Triticale grows well without fertiliz-

ers and pesticides and is ideal for organic and sustainable farming.

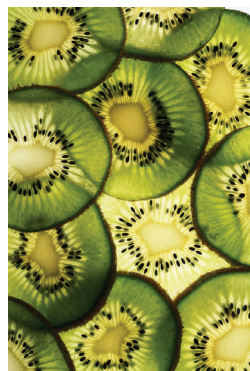
Wheat—Wheat is the most common grain we eat due to its gluten content. Gluten is a starchy protein that helps breads hold their shape after they rise. Unfortunately, without the gluten bread will not rise properly.

There are two main varieties of wheat, durum, which is used to make pasta, and bread wheat, which is used for most other wheat foods. Several words are used to label wheat. Bread wheat is called “hard” or “soft” depending on its protein content. Hard wheat has more protein (including gluten). “Winter” and “spring” are used to describe when it was planted, and “red” or “white” is the color of the kernel. Red wheat has a

stronger flavor than white wheat. Keep in mind that white wheat does not mean it has been refined.

Wild Rice—Wild rice is actually not a rice at all, but is a grass that was originally grown by Native Americans around the Great Lakes. Wild rice has strong flavor and tends to be expensive, so it is often combined with other grains. Wild rice has twice the protein and fiber of brown rice, which it makes it excellent for diabetics. However, it has less iron and calcium than brown rice.

Information provided from the Whole Grains Council. For more information on grains visit: www.wholegrainscouncil.org



Try out this nutrition powerhouse that also packs a great flavor!

Food Facts—Kiwifruit

Kiwifruit is originally from China and was first called the Chinese Gooseberry. In the early 1900’s kiwifruit seeds were brought to New Zealand by missionaries. The name of the fruit was then changed to Kiwifruit after the national bird there. Kiwis are small birds with fuzzy brown feathers that resemble the kiwifruit. Today, kiwifruits are also grown in California.

There are two types of kiwifruit, green and gold. Green kiwifruit has a tangy flavor, where as gold kiwi-

fruit has a sweeter flavor. Kiwifruit has a low to moderate glycemic index, which means it is less like to raise your blood sugar.

Besides having a wonderful taste, kiwifruit is a powerhouse of health benefits.

Kiwifruit has more vitamin C than an orange and as much potassium as a banana. It also has a high fiber content. It has 10% of our daily folate requirement and is a source of magnesium, zinc, lutein, and vitamin E. Kiwifruits also contain only 20-25 calories per fruit.

The most common question about kiwifruit is “should I peel it or not?”. You can do either. Some people don’t like the fuzzy texture, but if you do, the peel does have additional health benefits. The peel increases the fiber, flavonoid, and antioxidant contents of the kiwifruit. Just remember to wash the fruit well if you’re going to eat the peel.

On a final note, kiwifruit happens to make a great meat tenderizer. Marinade anyone?

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