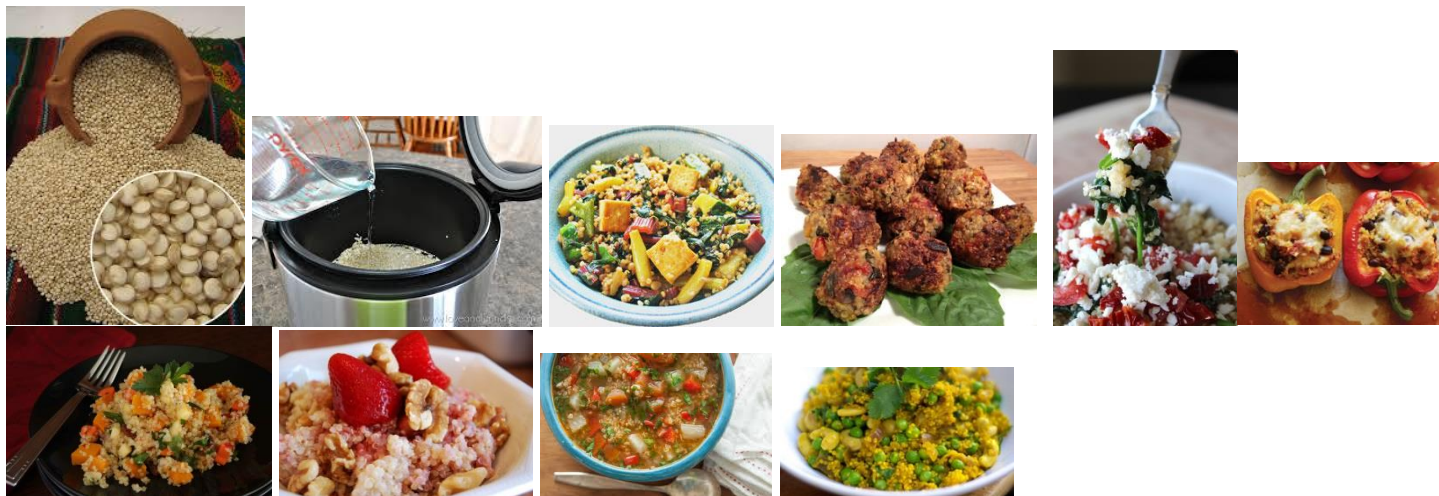




WHOLE GRAINS:

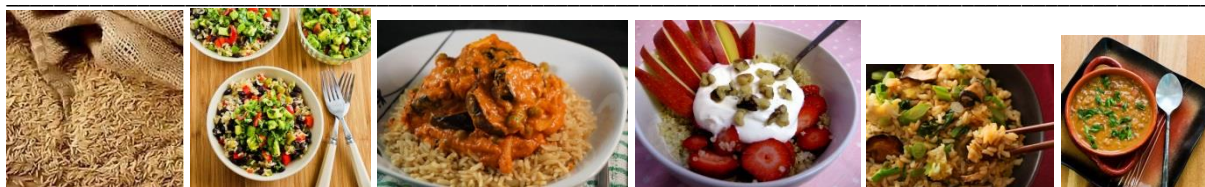
What is a whole grain really? It is a grain still naturally whole, not ground, bleached, or milled! The fiber-rich bran and protein-rich germ (wheat) supply B vitamins and slow glucose release from the grain kernel. Search the internet for recipes for the healthy meal suggestions below!



Quinoa, Cook in Rice Cooker, Quinoa Tofu Veggie Casserole, Vegan Quinoa Mushroom Meatballs, Quinoa Greek Salad, Quinoa Stuffed Bell Peppers, Roasted Butternut Squash with Quinoa, Strawberry Quinoa Walnut Hot Cereal, Vegetable Quinoa Soup, Curried Quinoa with Cashews.



Wild Rice, Cook in Rice Cooker, Wild Rice Pilaf with Pecans and Cranberries, Wild Rice Stuffed Acorn Squash, Wild Rice Rissoles, Creamy Wild Rice and Mushroom Soup, Spinach & Wild Rice Salad.



Brown Rice, Cook in Rice Cooker (Basmati is best), Mexi Bowl with Black Beans, Aubergine & Pea Curry with Basmati Rice, Brown Rice Hot Cereal with fruit & yogurt, Shiitake Stir Fry, African Lentil & Brown Rice Soup.



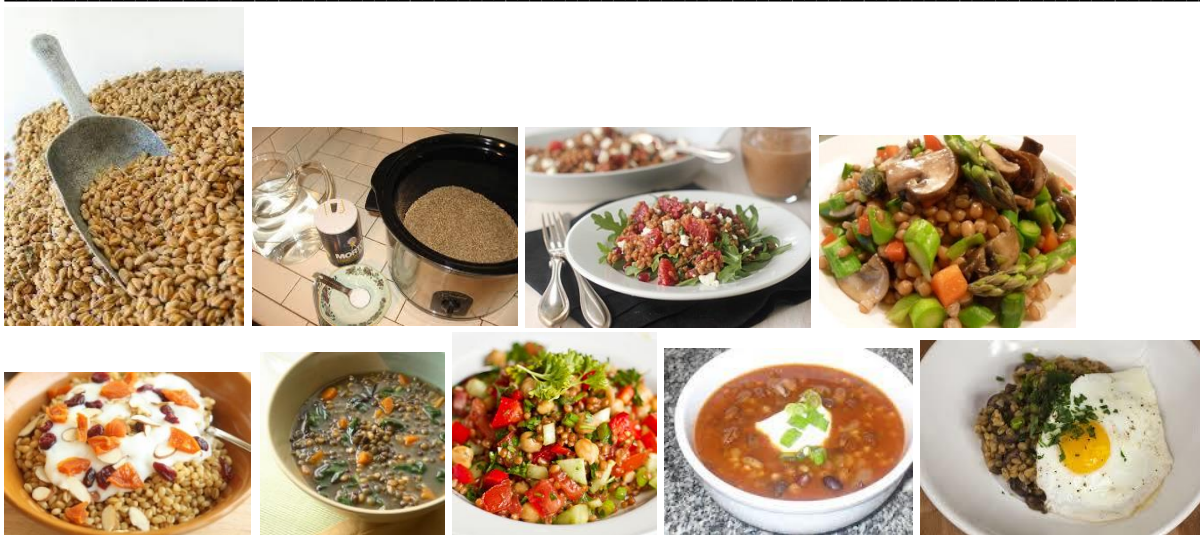
Millet, Cook in Rice Cooker, Cheesy Millet Cakes, Millet Tabbouleh with Cilantro and Lime, Millet Curry, Millet Breakfast Bowl.



Whole Barley, Cook in Rice Cooker or Crock Pot, 17 Bean & Barley Soup, Toasted Barley, Green Bean, and Shiitake Salad with Tofu, Mushroom & Barley Risotto, Barley & Lentil Salad .



Whole Oat Groats, Cook in a Pot, Oat Groats Hot Cereal, Vegetable Oats Soup, Oat Groats Salad with Carrots, Scallions and Raisins, Raw Oat Groats Cereal .



Wheat Berries, Cook in Slow Cooker or Rice Cooker, Wheat Berry Salad with Blood Oranges, Feta, and Red Onion Vinaigrette, Wheat Berries with Fresh Asparagus, Crimini Mushrooms and Red Bell Pepper, Wheat Berry, almond, fruit & yogurt, Cumin Wheat Berry Lentil Soup, Wheat Berry Salad, Wheat Berry Chili, Wheat Berry Mushroom Risotto & Eggs.



Whole Corn, Cook in a Pot, Popper, Corn on Cob, Pop Corn w/Nutritional Yeast, Roasted Corn Salad, Black Bean & Corn Soup, Fresh Corn & Spinach Patties with Tomato Sauce, Corn and Black Bean Salsa.

Milled Whole Grains: Ground up whole grains release their starch (=glucose) rapidly, but better than white flour/rice or instant. Diabetics and those seeking optimal health should limit ground, refined grains such as those in breads, pasta, cakes & cereals.