

Research Shows Americans Should Go With The Grain

(NAPSA)—When it comes to bread and grains, it's time to evaluate the way we think about the amount of carbs in our diets. A study published in the July 2009 *Journal of the American Dietetic Association* shows that people who consume a moderate- to high-carb diet are less likely to be overweight or obese than those on a low-carb diet. However, only 4 percent of U.S. adults say they are



Bob Harper

eating the recommended daily servings of grains in their diet, according to a recent Grain Foods Foundation (GFF) survey conducted on its behalf by Harris Interactive®. The Dietary Guidelines for Americans recommend eating six servings of grain foods each day (based on a 2,000 calorie diet), with at least three from whole grains.

While it's clear Americans should be eating their grains, there's a massive amount of conflicting information available. To help Americans understand what is best for their optimal health, the Grain Foods Foundation has partnered with health and motivational expert Bob Harper to launch the Daily 6, which reminds people to get six daily servings of grain foods.

Eating breakfast and snacking throughout the day are easy ways to help reach the Daily 6.

"Eat something within 30 minutes of getting up to boost your metabolism," says Harper. "Eating every four hours will keep your metabolism in check and prevent you from getting too hungry, which could trigger bad food decisions."

"Grain foods are healthy, convenient and affordable," said Judi Adams, M.S., R.D. and president of the Grain Foods Foundation. "Many of us are eating grains throughout the day and not realizing it—breads, pasta, pretzels, snack mix, bagels, rice and tortillas all count toward our Daily 6."



Bread and grains not only provide many of the essential nutrients our bodies need to stay healthy and fight disease, they also supply the energy needed for regular physical activity, another vital part of good health.

"Bread and grains are important sources of energy in our diet," says Harper. "In addition to eating right, it's important to be physically active."

The Centers for Disease Control and Prevention (CDC) recommends adults get at least two hours and 30 minutes of moderate-intensity physical activity a week—or 30 minutes five days a week.

More than half of Americans surveyed said they are not satisfied with their amount of physical activity, and about four in 10 indicate no motivation (42 percent) and not having enough time (39 percent) as reasons for not getting their desired amount of physical activity. Harper suggests easing into a new routine for longer-lasting commitment and effectiveness.

"Allow your mind and body to adjust," Harper says. "Trying to make every diet and exercise change all at once can be overwhelming and difficult to maintain."

For daily motivation, follow GFF at twitter.com/gowiththegrain or post questions and tips for others at facebook.com/gowiththegrain.

Win a workout with Bob Harper—visit gowiththegrain.org by October 27 and enter to win a 90-minute personal training session in LA.

GFF Breakfast: Peach Blossoms

12 raisin bread slices
¼ cup trans fat-free margarine or butter, melted
1 cup fresh or canned peaches, drained (may also use pears, berries, etc.)

Streusel Topping Ingredients

¼ cup pecans, chopped
3 tablespoons all-purpose flour
½ cup brown sugar
½ teaspoon cinnamon
¼ cup margarine (trans fat-free) butter, melted
Maple syrup, optional

Preheat oven to 375° F.

Brush edges and top of bread with butter.

Holding opposite corners, push center of bread into greased large muffin pan with 12 cups (or 2 pans with 6 cups each).

Place about 1 tablespoon of peaches or other fruit in each cup.

In a small bowl, combine pecans, flour, sugar and cinnamon; mix in butter and stir until crumbly. Place one heaping tablespoon streusel topping in center of each cup.

Bake for 8 to 10 minutes or until hot. Serve with maple syrup, if desired.

GFF Snack: Parmesan Garlic Snack Mix

1 cup Parmesan cheese, grated
½-¾ cup olive oil
1½ teaspoons garlic powder
1¼ teaspoons lemon pepper
1 teaspoon dill weed
1 teaspoon onion powder
2 1-pound loaves enriched white bread, cut into 1-inch chunks

Preheat oven to 400° F.

In a large bowl, combine Parmesan cheese, oil, garlic powder, lemon pepper, dill and onion powder.

Add bread chunks to mixture; toss until bread chunks are well coated.

Bake for 5 to 8 minutes or until lightly toasted or golden brown. Toss gently with a spoon. Cool completely before serving or storing. Store in airtight container.

Recipes developed by Sylvia Meléndez-Klinger for the Grain Foods Foundation.