

Go Grains!

10 healthy facts for kids and their parents



1 Foods made from grains and pulses (also called legumes) are 'powerhouses' of nutrients – they contain:

- lots of energy-giving carbohydrates
- fibre to keep you regular
- protein for strong, growing bodies
- vitamins, minerals
- small amounts of healthy, unsaturated fat
- health-promoting factors, such as antioxidants in wholegrains.



2 Foods made from grains include:

- all types of breads
- breakfast cereals
- rice
- porridge
- spaghetti, macaroni
- noodles
- couscous
- popcorn
- crispbreads



3 A healthy diet for children should include the following each day:

GRAIN FOODS

4 to 7 years – 3 to 7 serves

8 to 11 years – 4 to 9 serves

One serve equals 1 cup cooked porridge, 1 1/3 cups of flaked breakfast cereal or 6-8 crispbreads, 2 slices bread, 1 cup of cooked rice, pasta or noodles.

VEGIES (INCLUDING PULSES)

4 to 7 years – 2 to 4 serves

8 to 11 years – 4 to 9 serves

One serve equals 1/2 cup cooked vegies or 1/3 cup cooked or canned pulses (baked beans, chickpeas etc)

4 Foods made from pulses include:

- baked beans
- hummus
- falafel
- bean salad
- 3-bean mix
- pappadams



5 An easy way to calculate fibre needs for children is to add 10 to your child's age. For example, the fibre needs of a 4-year old would be 4 plus 10 = 14 grams of fibre per day.

6 Carbohydrates from grain foods and pulses provide essential energy for growing, active children, to help them play sport and have fun. Children who eat breakfast perform best at school. Toast and cereal is an excellent way to start the day. Healthy snacks between meals, such as bread, crispbreads, cereal-based snack bars and English muffins with toppings, help children to meet their energy and nutrient needs.

7 Carbohydrate foods are great if you're watching your weight. Around one in five Australian children are overweight or obese. As part of a balanced diet, foods like bread, breakfast cereals, rice, pasta and pulses are not 'fattening' – but what you put on them may be!

8 Eating a diet rich in foods made from grains, pulses, fruits and vegetables is known to give some protection from diseases such as heart disease, some cancers, diabetes and obesity. These problems can start in childhood.

9 All grain-based foods are nutritious – wholegrain foods are best because many of the nutrients in grains are found in the outer layers. Some wholegrain foods (wholemeal or grain breads and crispbreads, or wholegrain breakfast cereal) should be eaten each day for good health and well-being.

10 With such a huge range of grain foods to choose from, it's easy to eat a different variety every day, and not get bored.



Go Grains



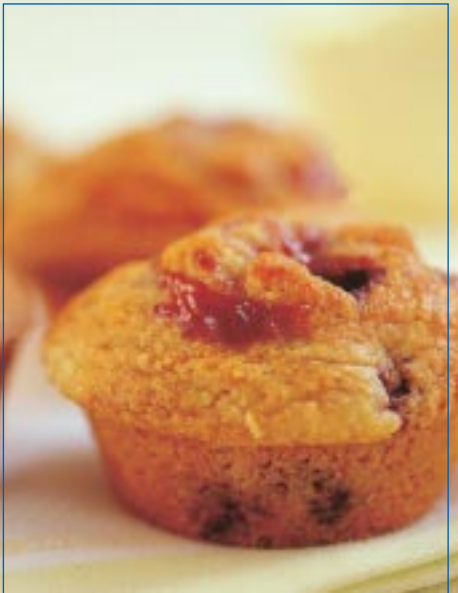
Health • Taste • Energy

Go Grains is supported by BRI Australia and the Grains Research and Development Corporation

For more information visit our website:
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Source: Trish Griffiths, Accredited Practising Dietitian

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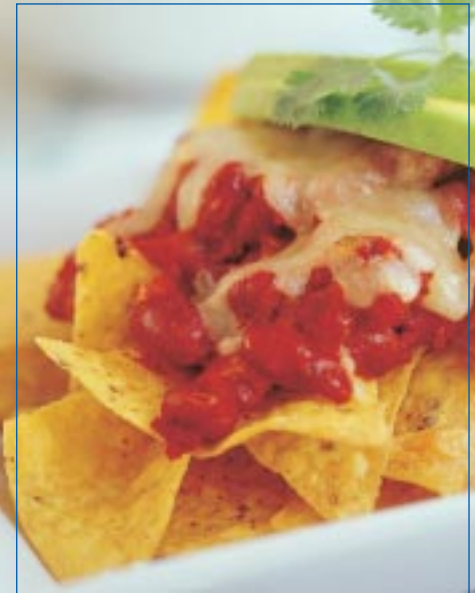


Berry Swirl Muffins

Makes 12

2 cups wholemeal self-raising flour
1/2 cup white self-raising flour
1/2 teaspoon bicarbonate of soda
3/4 cup sugar
2 eggs, lightly beaten
1 cup reduced-fat milk
1/4 cup vegetable oil
3/4 cup frozen blueberries
1 tablespoon stawberry jam, warmed

- 1 Grease a 12-hole muffin pan (1/3-cup capacity).
- 2 Sift **flours** and soda into a bowl. Return husks from sifter to bowl. Stir in sugar.
- 3 Add eggs, milk, oil and 1/2 cup of the blueberries; stir until just combined. Divide mixture evenly in muffin pan.
- 4 In a bowl, combine remaining blueberries with jam; spoon evenly over uncooked muffin mixture. Using a skewer, swirl mixtures together.
- 5 Cook in moderately hot oven, 190°C, for about 25 minutes, or until cooked when tested. Stand muffins in pan for 5 minutes; turn out onto wire rack to cool.



Bean Nachos

Serves 2

1 teaspoon water
1/2 small onion, finely chopped
1 clove garlic, crushed
2 teaspoons taco seasoning mix
3/4 cup tomato pasta sauce
1 x 300g can red kidney beans, drained
1/3 cup cheddar cheese, grated
2 x 50g packet corn chips
sliced avocado and fresh herbs to garnish

- 1 Place water, onion, garlic and taco seasoning mix in a shallow microwave-safe dish. Cover; cook on high for 2 minutes. Stir in tomato pasta sauce and **red kidney beans**. Cover; cook on high for approximately another 2 minutes, stirring halfway through cooking, or until heated through. Sprinkle with grated cheddar cheese; cook on high for a further 30 seconds, or until melted through.
- 2 Divide **corn chips** between two plates; spoon nachos over top. Garnish with sliced avocado and fresh herbs.



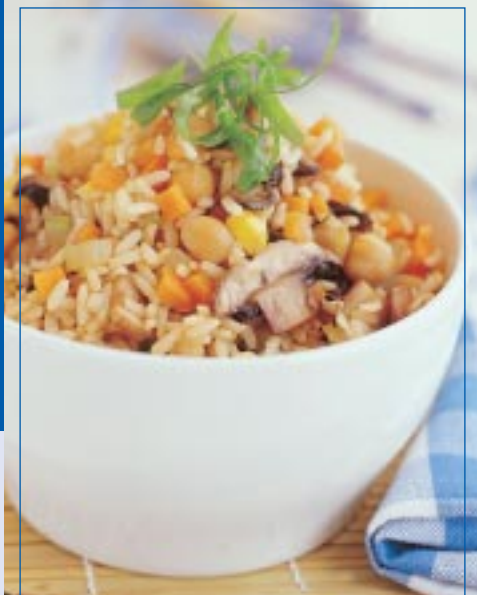
Crunchy Crumbed Drumettes

Serves 4 to 6

12 chicken drumettes
1 cup one-minute oats
1/4 cup parmesan cheese, finely grated
1/2 teaspoon chicken stock powder
1 tablespoon fresh parsley, chopped
1/4 cup plain flour
1 egg, lightly beaten
2 tablespoons reduced-fat milk
cooking oil spray
carrot and cucumber slices to serve

- 1 Remove and discard skin from chicken drumettes.
- 2 Combine **oats**, cheese, stock powder and parsley in a large bowl.
- 3 Put **flour** and chicken in a plastic bag; shake to coat. Dip chicken in combined egg and milk, then coat in oat mixture. Press mixture on firmly. Place on oiled oven tray; spray with a little oil. Cover; refrigerate for 30 minutes.
- 4 Cook in hot oven, 200°C, for 25 minutes or until cooked and crisp.
- 5 Serve chicken drumettes with carrot and cucumber slices.

Fill your day with **Grains and Pulses**



Fried Rice

Serves 4

- 1 cup brown rice
- 3 cups boiling water
- 1 small carrot, finely chopped
- 1 celery stick, finely chopped
- 1 teaspoon water
- 1 clove garlic, crushed
- 6 button mushrooms, finely sliced
- 1 x 300g can chickpeas, drained
- 1 x 130g can corn kernels, drained
- 1 tablespoon soy sauce
- 2 spring onions, thinly sliced
- spring onion curls to garnish

- 1 Combine **rice** and water in a large microwave-safe bowl. Cook, uncovered, on HIGH for about 17 to 20 minutes, or until **rice** is tender; stir once during cooking. Rinse **rice** well; drain.
- 2 Combine carrot, celery, water and garlic in a large microwave-safe bowl. Cover; cook on HIGH for 2 minutes, or until tender. Add **rice**, mushrooms, **chickpeas**, **corn** and soy sauce; mix well. Cover; cook on HIGH for 4 minutes, or until rice is hot. Stir in spring onions.
- 3 Serve **rice** garnished with spring onion curls.



Beef Pita Burgers

Serves 6

- 2 tablespoons burghul
- 300g lean minced beef
- 1/2 onion, finely chopped
- 1 teaspoon Worcestershire sauce
- 1 teaspoon tomato sauce
- 6 wholemeal pita bread pockets
- 6 butter lettuce leaves
- 1/2 cup grated cheddar cheese
- 1/2 x 250g punnet cherry tomatoes, halved

- 1 Place **burghul** in a small bowl; cover with cold water. Stand for 10 minutes; drain **burghul**. Rinse under cold water; drain well. Squeeze out excess moisture.
- 2 Place **burghul** in a medium bowl; add minced beef, onion and sauces. Using hands, mix well. Shape mixture into 12 patties; place onto an oven tray. Cover; refrigerate for 20 minutes.
- 3 Cook patties, in batches, in a heated, oiled non-stick pan until browned on both sides and cooked through.
- 4 Split open **pita pocket breads**; sandwich with patties, lettuce leaves, cheese and tomatoes.



Banana Roll-ups

Makes 4

- 2 large wholemeal Lebanese bread rounds
- 1/3 cup smooth peanut butter
- 2 medium bananas, peeled, sliced
- 2 tablespoons sultanas
- 2 tablespoons honey

- 1 Spread one side of each **bread** round with peanut butter. Top with bananas; sprinkle with sultanas. Drizzle with honey. Roll up to enclose filling; cut **bread** in half.

For more information and recipe ideas, visit the Go Grains website: www.gograins.grdc.com.au

Fill your day with **Grains and Pulses**

EASY TIPS FOR A GRAIN-FILLED DAY

- You can eat breakfast cereal on the run, as well as sitting down.
- For a different breakfast, try baked beans on a toasted English muffin.
- You can use breakfast cereals in cooking for cakes, biscuits or slices.
- Breakfast cereal is an ideal snack any time of the day.
- Enjoy crispbreads with Vegemite, cheese or peanut butter.
- Cereal-based snack bars are healthy fast foods.
- Homemade popcorn is a delicious wholegrain snack-food.
- Try microwaved corn for an easy snack.
- Pita chips with hummus dip – yum.
- Stuff your favourite filling in a sandwich or pocket bread.
- Jaffles are quick, easy and nutritious.
- Pasta with a vegetable sauce gives you an energy boost.
- Microwaved fried rice is so easy.
- Add a wholegrain bread roll to your meat and vegetable meal.
- A chicken and noodle stir-fry is fast to cook.



Can you find six grain foods and two pulses?

(See below for the full list)



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**Health!
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Energy!**

The grain foods in the picture include: pita bread, tacos, bread, popovers, spaghetti, burritos, sandwiches, breakfast cereal, popcorn, bagels, pasta, bread rolls, porridge, pizza base, fruit bread, rice and lentil soup. The pulses are baked beans and hummus.