



# Vol. 15 Kernels

APRIL 2016

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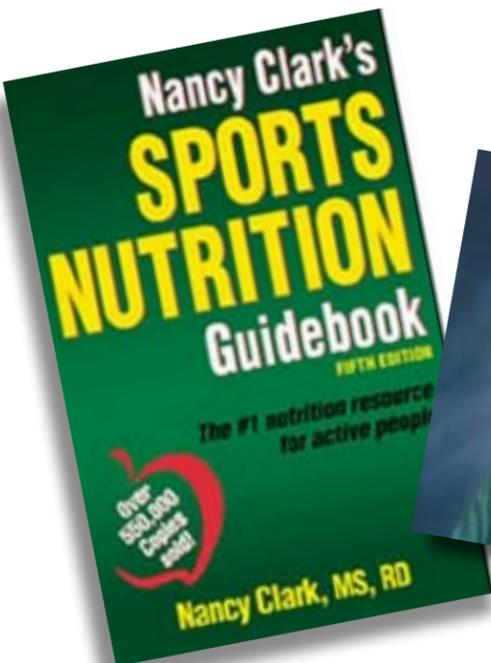
## Personal Trainers Added as WFC Influencer Target

We recently completed a strategic planning process for the Wheat Foods Council that resulted in the adoption of some important new strategies. Educating personal trainers (PTs) about wheat foods as a new influencer category of particular interest was among the ones selected due to PTs' strong relationships with consumers as a go-to source for health and nutrition information.

We studied PTs to identify them as an important new influencer target audience as we developed our long-range plan. We now need to learn more about connecting with PTs and disseminating our nutrition and scientific information to them to develop the tactics to begin implementing this new strategy. To effectively navigate the personal trainer world, we are adding very select individuals to a Personal Trainer Advisory Board whose expertise and stature in the field will provide us with critical insights and guidance.

I'm thrilled to announce our first PT Advisory Board member is Nancy Clark, MS, RD. Nancy is an internationally known sports nutritionist and best-selling author trusted by many top athletes. Her sports nutrition reference book, Nancy Clark's Sports Nutrition Guidebook, is in its 5th edition. Among her more renowned clients, who have relied on her expertise in diet for sports conditioning to gain a competitive edge, include members of the Boston Celtics (basketball) and Bruins (ice hockey), as well as many collegiate, elite and Olympic athletes from a variety of sports. She is the team nutritionist for the Boston Red Sox baseball team. Nancy is a valuable addition to the WFC team! We look forward to working closely with her to establish our PT education programs.

**Tim O'Connor**  
President, Wheat Foods Council



## It's Berry Season -- Wheat Berries That Is!

What's small, reddish brown, has a nutty flavor and is packed full of nutrients? Wheat berries, of course! If you haven't discovered them yet, put them at the top of the list for your next food shopping trip.

Wheat berries are the entire wheat kernel (except for the hull) comprising the bran, germ and endosperm. They have a tan to reddish brown color and are available as either a hard or soft grain. Normally the grain kernels are milled into flour, but you will be surprised at the number of ways in which the cooked berries themselves can be used in recipes. Look for wheat berries at a health food store, in the natural foods section of your local supermarket, or online.

As a whole grain they're loaded with nutrients. A cup of cooked wheat berries has about 300 calories and is packed with vitamins, fiber, protein and iron.

Wheat berries are versatile enough to eat at breakfast, lunch or dinner. Cooked wheat berries have a chewy bite and subtle nutty,

earthy flavor.

- Use as a hot breakfast cereal with milk, honey and cinnamon
- Add them to salads or use in baked goods to add a crunchy texture
- Use as you would rice
- Add cooked wheat berries to soups or even chili
- Serve hot as a side dish

Wheat berries are as easy as rice to prepare.

### Basic Recipe

2 cups wheat berries

7 cups cold water

1 teaspoon salt

(makes about 4-1/2 cups)

Rinse wheat berries well under cool running water. Place in a large heavy saucepan. Add water and salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse.

Use immediately or cover and refrigerate for up to 2 days; freeze for up to 1 month.

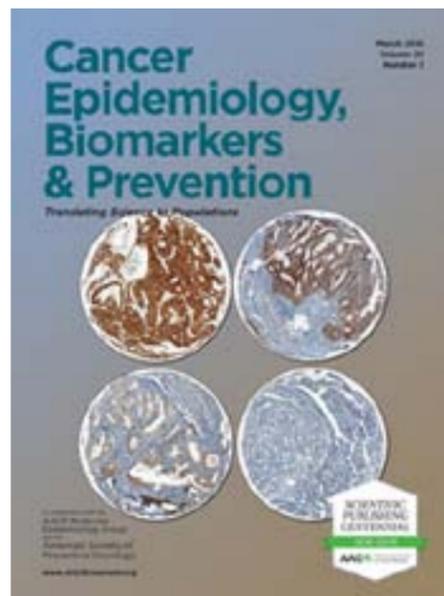
For more than just the basics, try the Wheat Foods Council's *Heart Healthy Artichoke Wheat Berry Salad.* (pictured)

# Glycemic Index and Lung Cancer Study -

# Wheat Foods Council Encourages Whole Diet Approach to Health

The media and internet were abuzz with attention-grabbing headlines last month quoting a study published in the March 2016 issue of *Cancer Epidemiology, Biomarkers and Prevention* supposedly establishing a link between consumption of carbohydrates and lung cancer. The Wheat Foods Council (WFC) worked with members of its Scientific Advisory Board to develop a statement on the study and offers the following talking points to clarify what the study did, and did not, find.

The study involved 1,905 newly diagnosed lung cancer cases in non-Hispanic white people and a control group of 2,413 healthy non-Hispanic white people. The study found a higher “association” between people eating diets in the highest quintile (20%) of glycemic index (GI) and an increased risk of lung cancer.



## • Don't confuse association and causation.

Association and causation are not the same thing: association means that there is a tendency for one factor to be linked to another but does not mean that one thing causes another, a point that is often misunderstood. For example, many heavy smokers who develop lung cancer tend to be coffee drinkers. Therefore, there's an “association” between coffee and lung cancer cases but drinking coffee doesn't “cause” lung cancer (smoking does). (REF: [http://www.fasebj.org/content/29/1\\_Supplement/906.28.short](http://www.fasebj.org/content/29/1_Supplement/906.28.short)).

## • Glycemic Index fails to tell a complete story.

The glycemic index has been used as a marker of carbohydrate quality since first being defined in the early 1980s. Like many diet quality indexes, it fails to tell a complete story. Among its shortcomings, according to the Mayo Clinic, the GI index doesn't reflect how we usually eat since we eat foods in combination with other foods. It is also important to consider the nutrient value of foods in addition to their GI index (fiber, folate, B vitamins, etc.)

## • The GI does not compare equal amounts of food.

Some think it compares equal amounts of food or equal amounts of carbohydrate (CHO) and fail to grasp that it compares 50g of available CHO from the test food compared with 50g of glucose. Thus, markedly different amounts of food are tested if foods are high in dietary fiber (unavailable CHO) or water.

## • Dietary recall is not always an accurate data collection method.

The study in question based its findings on self-reported past dietary habits and health histories by participants. While this method of data collection is not uncommon, it is also recognized for its inherent weaknesses. The quality of people's recall of specific foods and quantities is often inaccurate. Furthermore, people may also be biased to attempt to give answers that they think the researchers are looking for, either positive or negative.

The Wheat Foods Council believes a better indicator of diet quality is following a food-oriented approach like the one suggested by MyPlate, the DASH diet or a Mediterranean Diet. All three of these dietary patterns have been shown to reduce overall chronic disease risk. In addition, when considering any dietary pattern or food, it's important to realize that eliminating one type of food or group can have unintended consequences on the rest of the diet and the health of our gut bacteria.

For example, if pasta is excluded from the diet, B vitamins, iron, fiber and folate are also reduced unless great care is taken to replace them with other foods.

For more information, visit [www.wheatfoods.org](http://www.wheatfoods.org)

**Table 1: Amount of Food to Yield 50g of Available CHO**

Food	Grams of Food for 50g CHO	Amount of Food in Consumer Units
Glucose	50	~ 4 Tbsp
Converted rice, dry	61	1/3 cup dry (1 cup cooked)
Russet potato, raw	317	1 large potato
Whole kernel corn	279	1 3/4 cup (cooked, drained)
Enriched white bread	102	~ 2 3/4 slices
Whole grain bread	120	~ 4 slices
Carrots	896	~ 7 cups, shredded raw or ~ 5 cups
Watermelon	636	4.5 cups

Data from Crapo et al i and USDA Tables of Food Composition



## Hear from the Experts

Insights from our Advisory Board Member

# Calorie for Calorie, Low-fat Beats Low-carb for Weight Control

By Glenn Gaesser, PhD

Are carbohydrates fattening? There certainly has been a plethora of low-carb diet books over the years that have tried to convince us that they are. But “validation” of the low-carb approach was based largely on anecdotal testimonials and claims that were not backed by published scientific evidence. It was not until the last 10 years or so that researchers actively began to study popular weight-loss diets head to head. Some of the initial diet comparison studies found that low-carb approaches were no more effective for weight loss than low-fat strategies for weight loss<sup>1,2</sup>. Others indicated an advantage, at least in the short term, for low-carb diets<sup>3</sup>.

Since these initial studies were published, a number of randomized clinical trials have been published that allow for a more comprehensive assessment of diet effectiveness. Accordingly, several recent meta-analyses of weight-loss diets show that when compared head to head, there is no advantage of either low-carbohydrate diets or low-fat diets for weight loss<sup>4,5</sup>. For example, a meta-analysis of 48 randomized clinical trials that enrolled 7,286 adults published in a 2014 issue of the *Journal of the American Medical Association* showed that weight loss occurred with any low-carbohydrate or low-fat diet, with neither diet having an advantage<sup>4</sup>. For example, after 1 year, the weight loss difference between low-carbohydrate and low-fat diets was less than one ounce! Another meta-analysis published in 2014 compared

low-carbohydrate diets with balanced diets<sup>5</sup>. Nineteen randomized clinical trials that included 3,209 adults who were studied for up to 2 years revealed a non-significant difference of only 1 pound in weight loss when comparing low-carbohydrate diets with balanced diets<sup>5</sup>. These studies indicated that it is the calories, not the composition of the diet, that is important for weight loss.

Quite simply, to lose body fat a person has to burn more fat each day than he/she consumes. Low-carb diets do a good job at increasing daily fat burning, mainly due to greatly reducing the availability of carbs. This fact alone makes it appear that low-carb diets would naturally be favored over low-fat diets. But for low-fat diets to result in weight loss they really don't have to increase fat burning, but rather just burn more fat each day than is consumed. And when low-fat diets become really low-fat, this is not hard to do, as a 2015 study demonstrated<sup>6</sup>.

This meticulously conducted study monitored 19 obese women and men in a metabolic ward and measured how much fat they burned on a low-carb diet and a low-fat diet. The diet order was randomized, with a 2-to-4 week washout period in between. Both diets lasted for just six days, but this was sufficient time to see how each diet affected the balance between fat intake and fat burning. Each diet was designed to allow participants to lose weight, and contained 800 fewer calories than their usual diets.

The low-carb diet cut daily carb intake from 350 grams to 140 grams, while leaving fat intake unchanged. The low-fat diet cut daily fat intake from 109 grams to 17 grams, while leaving carbohydrate intake unchanged. As expected, the low-carb diet resulted in significantly greater fat burning each day compared to the low-fat diet (cutting carbs will do that). However, because the low-fat diet allowed consumption of only 17 grams of fat per day, it did not matter that the low-fat diet had no effect on fat burning.

The 92 gram-per-day reduction in fat intake meant that just maintaining a normal rate of fat burning (which was unchanged compared to participants' normal, baseline diets) resulted in a significant fat deficit each day. In fact, after just six days the participants lost 465 grams of body fat (a little over 1 pound) on the low-fat diet compared to only 245 grams (about one-half pound) on the low-carb diet.

Whether this would be sustained long-term is unknown, but there are numerous studies to show that low-fat diets lead to “spontaneous” weight loss of a few pounds<sup>7,8</sup>. Moreover, virtually all large-scale epidemiological studies demonstrate an inverse relationship between carbohydrate consumption and body weight<sup>7</sup>. On a population level, higher carbohydrate intake is associated with lower body weight. This is true in men and women, young and old. Although these observational studies cannot by themselves prove cause and effect, the consistency of the findings is entirely in line with results of the controlled experimental studies like the one described above<sup>6</sup>.

Calories do count, and cutting calories—regardless of their source—will result in weight loss. But the amount of weight loss appears to be influenced by calorie type. As recent evidence shows, calorie for calorie, cutting way back on dietary fat intake produces a greater reduction in body fat than an equal restriction of dietary carbohydrates.

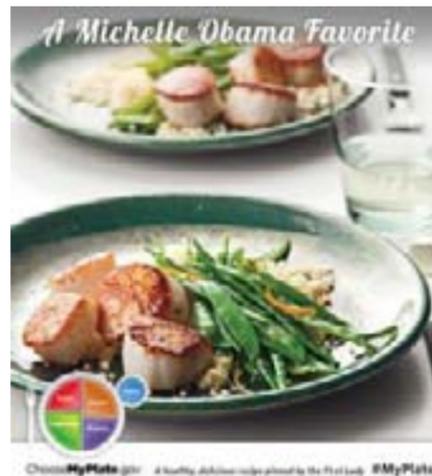
*Glenn Gaesser, PhD, is a professor in the School of Nutrition and Health Promotion, and director of the Healthy Lifestyles Research Center, at Arizona State University. He also serves on the Wheat Foods Council Advisory Board.*

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# THINK *Green* FOR SPRING MEALS

## Seared Scallops with Snow Peas and Orange



### Ingredients:

1 cup couscous  
2 teaspoons olive oil  
1 tablespoon olive oil  
1 1/2 pounds sea scallops (about 16 scallops)  
1 orange  
3/4 pound snow peas (halved lengthwise)  
Kosher salt  
black pepper

### Directions:

Cook the couscous according to the package directions. Meanwhile, heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat.

Pat the scallops dry and season with 1/4 teaspoon each salt and pepper. Cook until opaque throughout and golden brown, 2 to 3 minutes per side. Transfer to a plate and cover. Using a vegetable peeler, remove 4 strips of zest from the orange. Thinly slice them. Wipe out the skillet. Heat the remaining tablespoon of oil over medium-high heat. Add the snow peas, orange zest, and 1/4 teaspoon each salt and pepper. Cook, tossing, until the snow peas are just tender, about 2 minutes. Serve with scallops and couscous.

### Servings: 4

**Nutrition:** One serving provides approximately: 343 calories; 27 g protein; 43 g carbohydrates; 4 g dietary fiber; 7 g total fat (1 g saturated); 455 mg sodium.

Source: [choosemyplate.gov](http://choosemyplate.gov)

## Avocado Breakfast Bruschetta



### Ingredients

1 ripe avocado  
2 medium tomatoes  
1 green onion  
1/2 cup chopped fresh basil (plus 2 tbsp for garnish)  
4 eggs (hard-boiled)  
12 slices whole-wheat baguette bread  
1/4 cup ricotta cheese (reduced-fat)  
cracked black pepper to taste

### Directions

Dice avocado, tomatoes, and green onions. Peel and chop hard-boiled eggs.

Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.

Toast baguette slices and smear with ricotta cheese. Top with avocado mix and garnish with chopped basil.

### Servings: 4

**Nutrition:** One serving provides approximately: 340 calories; 17 g protein; 32 g carbohydrates; 9 g dietary fiber; 17 g total fat (4 g saturated); 434 mg sodium.

Source: [choosemyplate.gov](http://choosemyplate.gov)

### Ingredient List:

Cilantro Pistachio Pesto (makes 3/4 cup)  
1 bunch fresh cilantro (about 2 cups)  
2 cloves garlic, minced  
1 tablespoon lemon juice  
1/4 cup grated Parmesan cheese  
1/4 teaspoon cayenne pepper  
1/2 cup salted pistachios, toasted, divided  
1/4 teaspoon salt  
1/3 cup olive oil

### Rest of recipe:

1 (13.25 ounce) box whole-wheat rotini or penne pasta  
2 cups shredded or chopped cooked white meat chicken (cooked leftovers or rotisserie chicken are options)  
1 1/2 cups grape tomatoes, halved

## Cilantro Pesto Pasta with Chicken

Cover Recipe



### Directions:

To prepare pesto, put cilantro, garlic, lemon juice, Parmesan cheese, cayenne pepper, pistachios (minus 2 tablespoons), and salt in a food processor or blender. Add about half the olive oil and blend. Add remainder of olive oil and blend until mixture reaches desired consistency.

Bring a large pot of water to a boil. Cook pasta according to package directions; drain.

Return pasta to cooking pot on low heat, add pesto and chicken, heating until warmed through. Add tomatoes. Stir to combine.

Top with reserved 2 tablespoons of nuts then serve. Can be served warm, room temperature or cold as a summer salad.

### Servings: 10

### Calories/Serving: 265

**Nutrition:** One serving provides approximately: 14 g Protein, 30 g Carbohydrates, 4 g Fiber, 10 g Fat (2 g saturated), 25 mg Cholesterol, 3 mcg Folate, 2 mg Iron, 166 mg Sodium

Source: **Wheat Foods Council**

# Spring Forward with Fun Baking Ideas

Spring brings with it many wonderful occasions to create and bake delicious treats to share with family and friends. The warmer weather and flowers in bloom entice people outside to celebrate. Picnics and garden parties, bridal showers and graduations are perfect opportunities to bake brightly-colored cookies, fruit-flavored tarts, tasty muffins and rolls, and sugar-sprinkled cakes.

Sweet indulgences are important to Americans, with almost 60 percent saying they eat the foods they like regardless of calories, according to a Packaged Facts report. Cookies are typically the sweet treat of choice, and most people choose to eat cookies that are not reduced fat or sugar free.

The Wheat Foods Council (WFC) reached out to WFC member Home Baking Association (HBA) for ideas on how to make your special occasion shine this spring.

First, advises Sharon Davis, Family & Consumer Sciences Teacher/HBA Program Development Director, think small. "The 'mini concept' takes us back to a time when smaller portions were the norm," she comments. "Treats can still be part of a healthy diet so long as we keep track of calories and portion sizes. Try serving your mini dessert with fresh fruit instead of higher calorie toppings to extend the flavor," she counsels.

Another fun idea is to bake cookies cut to resemble flowers, butterflies, and other spring icons iced in brilliant pastels which are not only delicious, but fun to make. Try HBA's **Sugar Cookie Cut-outs** or these beautiful and tasty **Flower Sugar Cookies**.

Think brownies and bars and get creative cutting the cake or bars in small diamonds or other unique shapes for a tiny delicious bite. This WFC recipe for **Fudge Brownies** is a classic favorite. Bars are the perfect hand-held dessert so check out this collection of bar choices including **Caramel 'N Chocolate Pecan Bars**, **S'Mores Bars**, and **Salted Nut Bars**.



*Fudge Brownies*



*S'Mores Bars*



*Whole Wheat Raisin Cookies*

*Photo: Mini Fresh Fruit Cups w/ Pastry Toppers*

Mini tarts and iced cookies cut into tiny shapes round out any gathering. Instead of a traditionally sliced cake, try **Classic Chocolate Cake bites**, or how about a deconstructed “tart” like the WFC’s **Mini Fresh Fruit Cups with Pastry Toppers**?

Graduations are a special time to celebrate a rite of passage. Whether a kindergarten promotion or high school or college commencement, bake a bread dough centerpiece to depict your graduate’s favorite animal or future college mascot. It can be done ahead and frozen. The HBA website makes it look easy and provides the **Bread in the Bag** resource and the **Dough Sculpting Packet** to help you get started. To view videos on how to create HBA’s alligator and turtle dough sculptures visit <http://www.breadworld.com/education/Recipe-Videos>.

“Baking is a perfect way to provide the loving and creative coordination that can only come from your hands,” says Ms. Davis. “But don’t get stuck thinking everything needs to

be DIY. Blend your hand-sculpted centerpiece with ready-to-eat items as needed.”

Increasingly, people are looking for healthier, more nutritious treats or “better for you” indulgences that taste good. The HBA offers their **Baking with Wheat Flour 101** guide to make half the flour whole wheat flour and suggests including fresh fruits and veggies in the recipe.

When preparing treats for end of school year parties, promotions, or birthdays consider making **Whole Wheat Jam Bars** from WFC member Texas Wheat Producers Board, which meet the U.S. Dietary Guidelines for Smart Snacks in schools. The WFC’s **Whole Wheat Chocolate Sheet Cake** or **Whole Wheat Raisin Cookies** are some other, good-tasting whole grain alternatives.

Whatever the occasion this spring, get creative and let delicious baked treats enhance the celebration!



## Grain Chain Suggests Changes to Dietary Guidelines Process

While the 2015 Dietary Guidelines for Americans (DGAs) were just released early this year, USDA’s Center for Nutrition Policy and Promotion (CNPP) is already looking ahead to the next round in 2020. As part of a congressionally-mandated review of the DGA process by the National Academy of Medicine (NAM), CNPP held “listening” sessions with a cross-section of stakeholder organizations this spring.

The Wheat Foods Council, participating as part of the Grain Chain, a farm-to-table grains industry coalition, acknowledged the need for change and made a number of substantive suggestions addressing the DGAs effectiveness in preventing chronic disease, selection of the Dietary Guidelines Advisory Committee (DGAC or Committee), and how the Committee handles its review of the science.

**Regarding how the DGAs can prevent chronic disease, ensure nutritional sufficiency for all Americans, and accommodate a range of individual factors, including age, sex, and metabolic health, the Grain Chain commented:**

- During the 2015 review process, the DGAC primarily was comprised of public health experts. While those experts provided value, moving forward it will be critical to also include highly credentialed, practicing registered dietitians, food scientists, and other clinical experts that understand not only the complex individual factors impacting food choices but also the regulatory process to best determine the impact the DGA recommendations will have on the public.
- Food science expertise is needed to ensure recommendations can be applied in a variety of typical settings including home cooking; restaurant food selection and school meal plan development.
- The DGAC must stay within its scope of practice which is nutritional recommendations. This scope needs to be clearly communicated to the committee before it commences its work.
- DGA recommendations should be based on a balance of nutrients. Over the last couple of cycles of DGAC reviews, there has been movement away from dialogue on nutrients. This movement is not beneficial to public health. We believe that a review of nutrients and emerging science in this area is crucial to any future DGAC review and assists in addressing nutritional sufficiency for all Americans with a range of individual factors.

**Dough Sculpting 101 DVD**

The baking art of “dough sculpting” is in your grasp! Learn the terms, tools and techniques to make dough for breads and fun shapes.

Recipes include:

- Clay Play
- cookie doughs
- yeast doughs

How-to videos demonstrate a variety of:

- braids
- dinner roll shapes
- loaves
- soft pretzels

Plus, sculpting techniques:

- alligator
- spiders
- teddy bears
- turkey
- turtle
- wheat sheaf and more!

Dough Sculpting 101 DVD contains the 12-page Lab 12 from *A Baker's Dozen*

- Additionally, it is critical for future DGAC members to have an educated appreciation of the importance of enrichment and fortification. Enrichment was enacted in 1941 when servicemen and women were found to be undernourished. This single health initiative virtually eliminated pellagra and beriberi in the U.S. The success of this initiative resulted in enriched grains being chosen as the vehicle for folic acid fortification to help prevent neural tube birth defects (NTDs). NTDs have dramatically decreased in the last decade since enactment and folic acid fortification was one of the Center for Disease Control and Prevention's (CDC) top ten public health achievements in the last decade.

- Little attention was given to cereal fiber in the 2015 review, despite grain foods contributing vital, and often under-consumed, nutrients to the American diet, including 43.7% of all fiber. Approximately two-thirds of the grain contribution to total fiber intake comes from enriched grains. The contributions of whole and enriched grains to total fiber intake are important because more than 90% of adults and children fall short of dietary fiber recommendations.



### **Processes for Selecting the Advisory Committee:**

- We believe it is important for NAM to review if the current Advisory Committee selection process and structure is adequate for future DGA reviews, especially given the growing list of questions it is expected to address. It will also be important to ensure that the selection process is fully transparent.

- To streamline the process, USDA and Health and Human Services could develop and finalize the questions the DGAC will address prior to the nomination process so that nominations can be targeted to the appropriate expertise.

- We believe an advisory committee with diversified knowledge and expertise is needed including such areas as: food science, nutrition, regulatory, food supply chain, and human behavior.

Committee members should be selected from a variety of environments such as universities, industry, and research settings as well as those who work directly with consumers.

- We urge the Agencies and NAM to explore a 10 year standing committee with broad expertise in the areas of carbohydrates, protein, fats, sugars, and sodium that can review emerging science for each macronutrient. This standing committee could assist in developing the overall list of questions and then prioritize those questions for the five-year DGAC committee to address. This approach organizes the five-year process so that it can be more efficient and focused.

- More linkage to Dietary Reference Intakes is needed. It would be beneficial for the DGAC to have more interaction with the NAM's Food and Nutrition Board to maximize the efficiency of limited government resources.

- With the 2020 addition of a new set of recommendations from birth to two years of age, the Grain Chain believes a dedicated committee is needed comprised of pediatricians; lifecycle nutritionists with practical expertise; pediatric allergists; and pediatric feeding issue experts. Furthermore, some of the best expertise and research in this area is through industry. To discount this resource could potentially be damaging to those most vulnerable - infants.

### **Methods Used to Review Evidence:**

- Use of the National Evidence Library (NEL) needs to be optimized; the DGAC needs to use it consistently, relying on only the strongest science as its base.