



Kernels

Winter 2012



Talking
Supertracker
with USDA's Robert Post



Spring wheat



Enriched Grains
& Folic Acid

PLUS

Celebrity Bakers

Recipes:
Sweet & Savory





Welcome to the new look of Wheat Foods Council!

Welcome to the Wheat Foods Council's new quarterly e-magazine, *Kernels*. This is another important vehicle for us as part of our outreach to engage you and others interested in everything wheat foods. Each issue will include articles about things you care about – from hot nutrition topics, to interviews with nutrition policy leaders, food trends, recipes, and more.

In this issue, we focus on folic acid fortification of enriched grain products and the important role it is playing in the prevention of birth defects. We also share highlights of our conversation with Robert Post, deputy director of the Center for Nutrition Policy and Promotion, about the newly-launched SuperTracker Tool and how it can help Americans eat more healthfully.

You'll also want to take the "tour" of our newly-launched Wheat Foods Council Network website (www.wheatfoods.org). In addition, we visit the Northern Plains to learn about spring wheat and share two recipes from our extensive database.

Our ultimate goal is to help grow and maintain relationships with people like you so let us know what you think and what you'd like to read about in the future. Enjoy!

Judi Adams, MS RD,
President, Wheat Foods Council

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Welcome!

Talking Supertracker with USDA's Robert Post

The Wheat Foods Council Network (WFCN) recently spoke with Dr. Robert Post, deputy director, Center for Nutrition Policy and Promotion, about the USDA's new SuperTracker tool. The tool is part of USDA's Dietary Guidelines for Americans (DGA) communications and outreach plan.

WFC Network: How was the SuperTracker tool developed?

Dr. Post: It was developed as part of a comprehensive plan to communicate the messages contained in the Dietary Guidelines. One of the pillars to this plan calls for utilizing innovative tools and resources to ensure consumers can put the recommendations of the Dietary Guidelines into practice. This is where the SuperTracker idea blossomed. It is a state-of-the-art interactive tool for developing and tracking a personal diet and activity plan. The SuperTracker tool focuses on balancing calories consumed with calories burned and allows individuals to choose foods based on the level of detail one desires.



WFC Network: What makes the SuperTracker unique?

Dr. Post: The ability for users to personalize their plan and choose the level of detail that works best for their schedules and lifestyle.

WFC Network: How will users learn about this new tool and how to use it?

Dr. Post: USDA will develop a portfolio of novel ways to use this tool. We anticipate that health professionals and nutrition educators will step up and be able to use this tool in their various settings as well. Our strategic partners are also a natural avenue for reaching out and educating the public.

WFC Network: Will there be an evaluation tool to measure the success of the SuperTracker?

Dr. Post: USDA has to provide measurements of success: Awareness is number one and usage is number two.

WFC Network: How can dietitians, health professionals and food experts get involved?

Dr. Post: Dietitians and health professionals can create plans for their various audiences on how to incorporate the DG messages into their lives. Dietitians can join the Nutrition Communications Network as a Community Partner by completing the short form online at ChooseMyPlate.gov/partnerships/communitypartners.

Celebrities Who Like to Bake



Daniel Craig

Blake Lively

Christopher Walken

Gwyneth Paltrow

James Spader

Eva Longoria





Enriched Grains & Folic Acid

A Major Health Success Story

According to the Centers for Disease Control and Prevention (CDC), about one in every 33 babies is born with a birth defect. The good news is that there are things women can do to help prevent this, and eating enriched grain products such as white bread, tortillas, pasta, or fortified cereals is one of them.

Since 1998, when the Food & Drug Administration (FDA) mandated that enriched grains be fortified with folic acid, the incidence of neural tube defects (NTDs) in the US has dropped 36 percent among both white and Hispanic women. "As a result of enrichment, lives have been saved," stresses Cindy Brownstein, president and CEO of the Spina Bifida Association (SBA). "Folic acid fortification of foods keeps future babies safe from a lifelong set of disabilities as a result of a Spina Bifida birth defect."

Enriched grains contain two times as much folic acid as whole grains since whole grain products, with the exception of some breakfast cereals, are not fortified with folic acid. Furthermore, enriched, fortified grain foods are a primary source of folic acid in American's diets. This is particularly important for women of child-bearing age, the majority of which do not take folic acid supplements.

The most common permanent disabling birth defect in the US is Spina Bifida (SB). According to Brownstein, there are more than 166,000 people in US with Spina Bifida, or seven out of every 10,000 births. In fact, she adds, all women of childbearing age are at risk for a Spina Bifida pregnancy. While researchers are still delving into the various factors that cause this crippling birth defect, Brownstein says one critical factor appears to be a woman's ability to metabolize folic acid. The issue is even more critical for Latinos since Hispanic mothers are one-and-a-half to two times more likely to give birth to a child with SB than non-Hispanics.

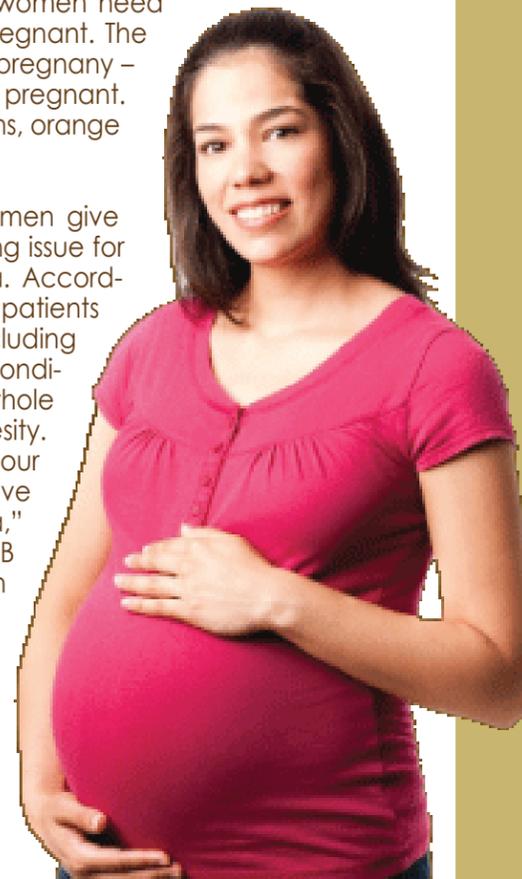
Registered dietitian and expert communicator Sylvia Melendez-Klinger, founder of Hispanic Food Communications Inc., offers her insight into this problem. "Many Hispanic women don't make the connection between the benefits of folic acid and the foods that contain them," she observed. "Young women and moms are particularly concerned about weight gain, especially before conceiving, and are often

eliminating foods such as grains and carbohydrates which are the primary source of folic acid in our diets. It's therefore very important to be educating them about which foods they need to eat."

The best ways to reach Hispanic women of childbearing age, according to Melendez-Klinger, are through television and social media. "People don't have time anymore to do a lot of reading so when it comes to health and nutrition messages, you need to keep it short," she advises. Another important way to reach Hispanic women is through faith-based organizations. "Go where they congregate," she says. "Churches can be an effective way of communicating important health and nutrition messages because they are such a trusted source."

"For any woman of child-bearing age, you simply need to think folic acid at every meal," Melendez-Klinger emphasizes. Another important point is that women need 400 mcg every day before they get pregnant. The neural tube forms in the first 3 weeks of pregnancy – often before a woman knows she is pregnant. Good sources are enriched grains, beans, orange juice and leafy greens.

While nutrition is critical to helping women give birth to healthy babies, it is also a lifelong issue for those born with NTDs such as Spina Bifida. According to SBA's Brownstein, Spina Bifida patients grapple with a number of issues including vitamin B deficiency as well as health conditions that impact the population as a whole such as diabetes, stroke, and obesity. "We're looking for answers as part of our overall efforts to identify ways to improve the health of those with Spina Bifida," Brownstein said, "but it is difficult since SB is an extremely complex condition involving a host of medical, orthopedic and psycho-social issues." Dietitians can play an important role in the future health of the SB population, she added, by sharing their perspectives as part of the SB medical team.



The Future is Now – Second World Congress on Spina Bifida

Members of the nutrition community are invited to participate in the upcoming World Conference on Spina Bifida Research and Care, March 12-14, in Las Vegas, sponsored by the Spina Bifida Association. The SBA organized the first Congress three years ago as part of its efforts to drive quantitative research on which to base the treatment of SB. Over the last seven years, the organization set out to develop an aggressive research program and, partnering with other health organizations, has established a patient registry that will help the Spina Bifida community better identify successful treatment approaches. As a result of this effort, SBA envisions more research dollars going into treatment and prevention. "But we need to talk about it," says SBA President and CEO Cindy Brownstein. "The World Congress provides the opportunity to do this by bringing together world renowned SB scientists, researchers, and clinicians from around world."

"Breakthroughs can come out of this meeting so you definitely want to be there," she adds. "There will be lots of talk, discussions, and critiquing of abstracts for research. It will be very, very exciting."

For more information about the World Congress, [click here](#).

Take a Tour of Your New Website

The Place to Go When You Want to Know



You've always counted on the Wheat Foods Council as a strong resource for information about wheat foods. Now, we're taking it up a notch with the launch of the WFC Network!

The WFC Network combines a robust website with community forums, webinars, and interactivity to give you a one-stop source for everything about wheat and grain food nutrition, from the latest news and research, to interviews with the experts on in-depth and trending topics, tips, recipes and more. It's still the same web address, www.wheatfoods.org. But now it's so much more.

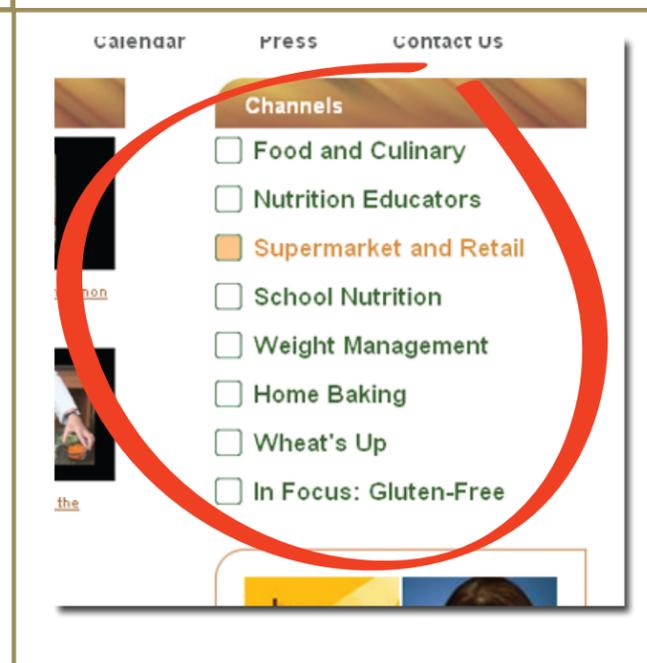
We've redesigned it to serve you better



Channels designed for your needs

We've built the WFC Network to put the info and resources you want right at your fingertips. With our channels tailored to specific nutrition practice areas, you can find focused content on a particular area of interest.

Whether your work or interest lies in Food & Culinary, School Nutrition, Nutrition Education, Supermarkets & Retail, Weight Management, or Home Baking you'll find the tools and talk you need to counsel a client – or just get up-to-speed on wheat nutrition.



News the way you want it



With so many sources out there, it can be a struggle to know where to turn to get the most accurate information. With our channel-based format, we've made it easy for you to find out the news you care about without wading through the stuff you don't.

Connect with your community



It's not just about information, it's also about connection.

Meet new professionals with the same interests as you. Stay in touch with all of your current friends. And keep up on what's happening in the nutrition community.

It's not just about the Wheat Foods Council and what we're doing. It's also about you and your peers and what you're doing. Through our guest columnists, webinars, blogs, Tweets and other social media options, we are making it easier than ever to stay in touch with all the nutrition communities you care about.

Follow us on Twitter @wheatfoods
Find us at [Facebook.com/Wheat.Foods.Council](https://www.facebook.com/Wheat.Foods.Council)

WheatFoods.org

Sweet & Savory



Raspberry Lovers' Pudding

Ingredient List:

2 12-ounce bags frozen, unsweetened raspberries, thawed
1/3 cup sugar
1/4 cup raspberry flavored liqueur, optional
1 1-pound loaf very thin sandwich bread, crusts removed
1/2 cup heavy cream
Fresh raspberries and mint, to garnish, optional

Directions:

In a medium saucepan, bring the raspberries, sugar and liqueur to a boil. Boil for 3 minutes and remove from heat.

Line a 9x5-inch loaf pan with plastic wrap. Cover the bottom with 3 slices of bread. Use 8 slices, standing up, to line all the sides of the loaf. Cover with about 1/5 of the raspberries. Over the raspberries lay 3 more slices of bread. Repeat this layering until all the raspberries have been used, ending with a layer of bread slices. If you have bread leftover, set it aside for another use.

Cover the pudding with plastic wrap, set a second loaf pan on top of it, and weight it down with a can of food. Refrigerate overnight or up to 24 hours.

To serve, uncover the pudding and invert it onto a serving plate. Peel off the plastic wrap. Whip the cream to a soft peak. Slice the pudding and garnish with cream, fresh raspberries and mint.

Servings: Provides 10 servings.

Calories/Serving: 367

Nutrition analysis: One serving provides approximately: 367 calories, 7 g protein, 54 g carbohydrates, 2 g fiber, 14 g fat (7 g saturated), 56 mg cholesterol, 28 mcg folate, 1 mg iron, 614 mg sodium.



Ingredient List:

Whole Wheat Pastry Crust

1 cup whole wheat pastry flour
1 teaspoon sugar
3/4 teaspoon salt
5 tablespoons vegetable oil
2 tablespoons milk

Quiche Filling

3 eggs
1 cup broccoli, cooked and chopped
1 1/2 cups low-fat Swiss cheese, shredded
8 ounces evaporated skim milk
2 cloves garlic, minced
1 small onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1 medium tomato, sliced
1/4 cup Parmesan cheese

Broccoli Swiss Quiche with Whole Wheat Pie Crust

Directions for Crust:

Preheat oven to 400°F.

Into 8 or 9-inch quiche plate or pie plate, stir together flour, sugar and salt. With fork, whip together oil and milk; pour over flour mixture. Mix with fork till all flour is dampened. Press dough evenly against bottom and sides of plate. Crimp edges.

Line the unpricked pastry shell with a double thickness of foil. Bake in oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or till pastry is set and dry. Remove from oven. Reduce oven temperature to 350°F; add quiche filling (see below). If necessary, cover edge of crust with foil to prevent over browning.

Directions for Quiche Filling:

Whip eggs with wire whisk; add broccoli, shredded Swiss cheese, evaporated milk, garlic, onion, salt and pepper; stir until blended.

Pour into prepared pastry crust. Slice tomato and place on top of quiche mixture; sprinkle with Parmesan Cheese.

Bake for 35 to 45 minutes or until quiche tests done in center. Protect pastry crust with foil at end of cooking time to prevent over browning. Cool on wire rack for 5 to 10 minutes before cutting.

Servings: Provides 6 servings.

Calories/Serving: 309

Nutrition analysis: One serving provides approximately: 309 calories, 20 g protein, 22 g carbohydrates, 3 g fiber, 16 g fat (5 g saturated), 122 mg cholesterol, 39 mcg folate, 1 mg iron and 986 mg sodium.

Wheat Growers Corner

Spring wheat

As the days lengthen and the sun's rays warm the rock-hard dirt, farmers in the Northern Plains get ready to once again return to their fields. Settled onto the seats of their tractors, they will begin preparing the fields for spring wheat planting. Many producers in the region have adapted no-till planting methods which place the seed directly into soil without turning it over. This is done to preserve moisture and conserve the soil. Some producers still work the soil to prepare for planting, turning the soil to kill weeds and break up larger chunks of dirt before using a grain drill to place the seed in the ground.

It's important to get the crop into the ground as early as possible, so that when the heat of the summer arrives, the plants are mature enough to handle the stress. Since spring wheat is harvested in late summer or early fall, early frosts and snowfall are a concern. Farmers want their crop to mature while the days are still mild to maximize yield and quality potential.

Over summer's long, hot days, the spring wheat plants begin to fade from dark green, to tan, and finally to a bright gold. Farmers test ripeness by rubbing wheat heads between their hands, blowing away the chaff, and chewing some of the grain. If the kernels crack easily and get soft as they are chewed, the wheat is ready and the race is on to get the wheat out of the field before hail or a passing thunderstorm damages the crop.

Two types, or classes, of spring wheat are common on the Northern Plains: Hard Red Spring and Durum. Hard Red Spring is known as the "aristocrat" of bread making because of its high protein content which gives it a superior gluten quality. Hard red spring wheat is used for making some of the world's best yeast breads, hard rolls, bagels and more. Gluten's elastic nature helps increase loaf volume by trapping carbon dioxide gas produced in the fermentation process. Gluten enables hearth breads to retain their shape while baking and provides the strength needed to support high-fiber ingredients such as whole grains, raisins and nuts.



Durum, from the Latin word for "hard," is the firmest of all wheats and the wheat of choice for making pasta. In some markets, durum is used to make couscous and breads. Durum kernels are amber-colored and larger than those of other wheat classes. When most wheats are milled, the endosperm, or heart of the wheat kernel, breaks down into a fine, powdery flour. Durum's endosperm is hard enough to hold together creating a granular product called semolina.

Semolina is the principal raw ingredient in pasta. When mixed with water, it forms a stiff dough that is forced through dies, or metal discs with holes, to create over 350 pasta shapes. Since durum's endosperm is yellow, and not creamy-white like other wheats, it gives pasta its warm yellow hue.



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What's Happening...

February

February 27-March 2, 2012
Research Chefs Association
Culinary Arts Fundamentals for Food Techs (CA)
St. Helena, CA

February 29-March 3, 2012
NAWG (Nat'l Assoc. of Wheat Growers)
2012 Commodity Classic
Nashville, TN



March

March 4-7, 2012
School Nutrition Association
2012 Legislative Action Conference
Washington, DC

March 18-21, 2012
Food Marketing Institute
2012 Health and Wellness Conference
Orlando, FL

March 21-24, 2012
Research Chefs Association
2012 RCA Annual Conference & Culinology Expo
San Antonio, TX



March 29-April 2, 2012
International Association of Culinary Professionals
34th Annual Conference
New York, NY