



# Kernels

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**FOOD AND FITNESS ADVICE**  
*to Fuel a Better 2017*

**MEMBER PROFILE:**  
*North Dakota Mill*

**TUTTLE TAKES SILVER**  
*at 2016 ITU World Championship Triathlon*



## Message *from the* President

Happy New Year! 2017 has arrived and along with it many New Year resolutions to lose weight and/or get in better shape. We offer some food and fitness advice in this issue based on science and nutrition information; please feel free to use it. We know wheat foods offer important nutrition for everyone, but in particular for athletes. We are very proud of Michele Tuttle, MPH, RDN and her Silver Medal performance at the World Championship Triathlon. As a nutrition and fitness professional, Michele understands the important contribution wheat foods provide to her diet to fuel her world-class performance. Be sure to visit our new Center for Nutrition and Athletics website at [www.centerfornutritionandathletics.org](http://www.centerfornutritionandathletics.org) where nutrition and athletics meet.

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



## CARBS FOR ATHLETES

For athletic people who routinely train hard 4 to 6 days a week, carbs enhance performance and should be the foundation of each meal.

The International Olympic Committee's research-based recommendations for an optimal sports diet include far more carbs than you may realize.

### REPLACING A SANDWICH AND PRETZELS?

Here's how many veggies you need in your salad to replace the 62 g carbs from 2 slices (220 calories) wholesome bread and a 100-calorie bag of pretzels:



24 CHERRY TOMATOES  
2 WHOLE 7" CUCUMBERS  
2 WHOLE 8" CARROTS  
2 LARGE GREEN PEPPERS  
5 CUPS MIXED SALAD GREENS  
=  
2 SLICES OF  
WHOLESALE BREAD  
100-CALORIE BAG OF PRETZELS



### REPLACING GRAINS WITH FRUITS AND VEGGIES?

If you have sworn off bagels for breakfast, here's what you need to put in your fruit smoothie to replace the 60 grams of carbohydrates in a 300-calorie Dunkin' Donuts-size bagel:



16 STRAWBERRIES  
1 CUP BLUEBERRIES  
1 MEDIUM BANANA  
=  
300-CALORIE  
DUNKIN' DONUT-SIZED BAGEL

### REPLACING TWO CUPS OF PASTA?

You'd need to eat this many veggies to fully refuel your muscles and load them up for the next day's workout:



3 CUPS COOKED ZUCCHINI SQUASH  
1 LARGE ONION  
2 CUPS COOKED KALE  
8 BROCCOLI SPEARS  
=  
2 CUPS PASTA



### THE BOTTOM LINE

Wholesome grains have a helpful role in a sports diet. While fruits and veggies offer some carbs, you need to eat lots of them to compensate for lack of grains. Your efforts to eat healthfully might end up contributing to a sports diet that fails to support hard training. Please, fuel wisely!

SOURCE:  
Nancy Clark, MS, RD, CSSD: <http://www.nancyclarkrd.com/index.asp>



# FOOD AND FITNESS ADVICE

## to Fuel a Better 2017

It's that time of year again, when millions will set goals for a healthier New Year. If you're one of them, we'd like to help you make a plan that's smart and sustainable. So here are a few guidelines to consider when making plans for a "new you."

APUS  
sports

## *think like an optimist,* **PROCEED LIKE A REALIST**



There's nothing wrong with setting big goals for the coming year. But remember that achieving your food and fitness goals will take time and training. Quick fixes and fad diets tend to fail for a simple reason — they don't allow you and your body to adapt over time. Making gradual changes and following an intentional plan is the best way to stay on track all year long.



***...achieving your food and fitness goals will take time and training.***



For example, you might set a goal to run a half-marathon in 2017. But a novice runner shouldn't try to run 13 miles next week. In fact, most Personal Trainers recommend starting by walk/running 1-2 miles per week and then increasing mileage by about 10% per week. Likewise, a goal to lose 20 pounds can't be achieved in a few weeks' time in a way that's safe and sustainable, but losing 0.5-1 pound a week over the course of 6 months can work nicely.

The most successful way to achieve improved fitness and diet is to set realistic "in-between" goals and train your body to achieve them over time. Reduce calories in small amounts (100-200 per meal). And start a sensible exercise program that you can adjust as you improve.



*find a better*  
**BALANCE**  
**OF CALORIES**

Many people embrace the notion that you achieve weight loss goals in the kitchen, and fitness goals in the gym. And while it's true that increasing activity and decreasing calories is the most proven way to achieve weight loss, it's also important to understand how different types of foods can help you stay energized and on track.

Food is fuel to make your day work. Diets that only allow certain foods or food groups are not necessarily the best way to get the results you're looking for. Dietitians and Personal Trainers agree that eating a variety of foods — vegetables, fruits, lean proteins and food made from grains like wheat — is the best answer.

Why grain-based foods like wheat? Because they can play a significant role in helping you meet your goals. If protein is the Muscle Nutrient, then carbohydrates are the Energy Nutrient. And you need both to create a healthy, balanced diet. Without a diet that includes the right amount of carbohydrates from grains and wheat foods — particularly before you exercise — your stamina and endurance can suffer.

**keep it**  
**INTERESTING**

The first few weeks of any new meal or exercise plan are interesting, because you're trying something different. The trick to sticking with your plan, however, is to find ways to shake up your workouts and your meals. Don't get bored with what you're doing, or what you're eating.

For exercise, feel free to break up a running routine with a few weeks of swimming. Or trade the heavy weights for the yoga studio for a period of time. Different types of exercise will keep you and your metabolism motivated.

“**...different types of foods can help you stay energized and on track.**”

The same goes for the foods you eat — consider different ways to get the nutrients you need. Introducing whole wheat options in bread, pastas, and cereals can be a great way to get fiber and essential B-vitamins such as Thiamin, Riboflavin, Niacin, and Folate into your diet.

And don't forget that enriched wheat foods are on the menu, too. They are great sources of iron and folate — two nutrients that are often low among active people. So long as you're planning your diet so that these carbohydrate-focused foods are enjoyed before a workout, they're a great-tasting way to energize your body.

For a list of recipes that can keep you filled up, and fueled up, for a healthier 2017, visit <http://www.centerfornutrition-andathletics.org/recipes>.



# MEMBER PROFILE

## NORTH DAKOTA MILL

In 1922, the North Dakota Mill was created by the state to establish a market for North Dakota wheat farmers. At the time the closest major market was in Minneapolis, and farmers were forced to bear the cost of shipping most of their harvest, negatively impacting wheat prices and profits. The ultimate goal was to promote demand for North Dakota wheat in a new market and to support the state's farmers.

Today, the North Dakota Mill is the largest single site mill in the US, producing and shipping 49,500 cwt. of milled finished products daily. With eight milling units, the mill also produces and ships over 14,000 cwt. of food grade bran and wheat midds daily. It is the only state-owned milling facility in the country. We recently caught up with Vance Taylor, President & General Manager of North Dakota Mill, to learn more about mill operations and new developments.

***I understand the ND Mill was recently expanded. How does it compare with other mills?***

Our most recent expansion was unveiled earlier this fall. On September 26th, we

opened our 8th milling unit with a capacity of producing 11,500 cwt. per day. We built the building large enough to add an additional, similarly-sized milling unit in the future. The next largest mill is located in Toledo, Ohio, which produces 38,000 cwt. of milled products.

***What are the main types of flour produced and what is your marketing strategy?***

The ND Mill produces 90 percent spring wheat flour for the bakery trade and 10 percent durum semolina and flour for the pasta industry. Our strategy is two-fold. We market the highest quality flour, milling the best quality North Dakota spring wheat available, and we provide the best customer service.

***Would you tell us about ND Mill's line of bread machine and pancake mixes for the retail trade?***

Two percent of our business is retail products shipped under our Dakota Maid brand. We produce 5, 10 and 25lb bags of all-purpose, bread and whole wheat flour for retail sale. We also produce bread machine mixes and

blueberry and buttermilk pancake mixes for sale.

***With consumer demand for healthy, locally-sourced, clean labels, how is ND Mill meeting consumer demand for quality flour and premium ingredients?***

ND Mill is one of the most modern mills in the country. All of our milling units have been built or rebuilt since 2000. A high level of automation creates the ability to produce consistently high quality flour. Since we have several different milling units, we are able focus on one type of wheat and protein on each unit without having to interrupt the process and change settings. One key to our quality is grinding North Dakota Hard Red Spring wheat which contains the highest level of protein producing the highest level of water absorption in the flour product. High absorption is very important to bakers allowing them to produce premium quality baked goods for their customers.

***Demand for organic foods is on the rise, and I know the Mill has an organic certification for processing***

***organic wheat products. Are there plans to expand organic product production and marketing?***

The ND mill has been producing organic flour for about 20 years. Using organic spring wheat and durum grain, our organic products make up about 1.5 percent of our business. The organic line grew 50 percent last year, and it's expected to continue to grow this year. Most of our products can be produced either as organic or conventional.

***Finally, what does the ND Mill like most about its association with the Wheat Foods Council?***

We've been involved with the WFC for a number of years and have enjoyed the relationship. We love working with the Council to promote baked products and pasta made with wheat and durum. How consumers perceive wheat and wheat products of course directly affects our business. It's been an easy decision to be involved with an organization that promotes what we do.



# CURB YOUR CRAVINGS WITH COUSCOUS

## INGREDIENTS:

1 10-ounce box couscous  
 1/2 tablespoon vegetable oil (used to prepare couscous)  
 3/4 cup canned dark red kidney beans, rinsed, drained  
 3/4 cup chopped fresh or canned whole tomatoes, drained  
 3/4 cup salsa  
 1/3 cup whole kernel corn  
 1/4 cup chopped green bell pepper  
 1/2 teaspoon cumin

## DIRECTIONS:

Prepare couscous according to package directions using 1/2 tablespoon vegetable oil in place of margarine. Cool. Transfer couscous to mixing bowl. Add remaining ingredients; mix well. Chill 1 to 2 hours.

Variation: Substitute roasted garlic and olive oil couscous for the plain couscous.

**NUTRITION:** Servings: 6 (1-cup servings)  
 Calories/Serving: 235

Each serving provides approximately: 9 g protein; 48 g carbohydrates; 4 g fiber; 2 g fat (0 g saturated); 0 mg cholesterol; 18 mcg folate; 1 mg iron; 347 mg sodium.

## COUSCOUS & CORN SALAD



## INGREDIENTS

1 pork tenderloin, about 1 1/4 pound  
 2 garlic cloves, minced  
 1/4 cup finely chopped flat leaf parsley  
 2 tablespoons chopped fresh thyme leaves  
 1/4 teaspoon salt  
 1/4 teaspoon black pepper

### Couscous:

2 tablespoons olive oil, divided  
 1 cup Israeli couscous, uncooked  
 1 1/4 cup water  
 1/2 teaspoon salt  
 Dash ground black pepper  
 1/4 cup crumbled feta cheese  
 1 large English cucumber  
 1/4 cup chopped parsley  
 1 cup grape tomatoes, halved  
 1 tablespoon lemon juice

## DIRECTIONS:

In small bowl combine garlic, parsley, thyme, 1/4 teaspoon salt and pepper. Rub pork with herb and garlic mixture. Cook on preheated grill until center of pork reaches 140°, about 15 minutes. Transfer to cutting board and let rest for 10 minutes.

While pork is cooking prepare couscous. Heat 1 tablespoon oil in a medium saucepan over medium-high heat. Add the couscous and cook, stirring until toasted, about 5 minutes. Add water, 1/2 teaspoon salt and a few grinds of pepper. Bring to a simmer, reduce heat to low; cover and cook until the liquid is absorbed, about 15 minutes.

Fluff couscous with a fork; let cool. Add the feta, cucumbers, parsley, tomatoes, lemon juice and remaining 1 tablespoon of oil; toss. Season with additional salt and pepper if desired. Serve with pork.

## NUTRITION:

Servings: 4  
 Calories/Serving: 393  
 One serving provides approximately: 37 g Protein, 32 g Carbohydrates, 3 g Fiber, 12 g Fat (3 g saturated), 97 mg Cholesterol, 18 mcg Folate, 3 mg Iron, 693 mg Sodium

## Grilled Herb-Rubbed Pork Tenderloin with Greek Israeli Couscous



## SOUTHWESTERN COUSCOUS



## INGREDIENTS:

2 tablespoons olive oil  
 4 green onions, chopped  
 1/2 cup red or green pepper, coarsely chopped  
 1/2 cup sliced fresh mushrooms  
 1/2 cup carrots, chopped  
 1 clove garlic, minced  
 1 3/4 cups chicken broth  
 1 teaspoon cumin  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 tablespoon chick-peas, rinsed and drained  
 3/4 cup uncooked Couscous

## DIRECTIONS:

In a large saucepan, heat olive oil over medium-high heat. Add onion, pepper, mushrooms, carrots and garlic; sauté 2 minutes. Mix in chicken broth, cumin, salt, pepper, cilantro and chick-peas. Bring to a boil. Stir in Couscous, remove from heat and cover; let stand 5 minutes or until liquid is absorbed. Fluff with a fork and serve immediately.

One serving provides approximately: 246 calories; 9 g protein; 38 g carbohydrates; 6 g fat (1 g saturated); 6 g fiber; 0 mg cholesterol; 69 mcg folate; 2 mg iron; 548 mg sodium.

Servings: 6  
 Calories/Serving: 246

## NUTRITION:

# TUTTLE TAKES SILVER

at 2016 ITU World Championship Triathlon in Cozumel



Wheat Foods Council-sponsored triathlete Michele Tuttle, MPH, RDN, Team USA triathlete and registered dietitian, won the silver medal placing second in the Sprint Distance (750m swim, 20k bike, 5k run) in the 50-54 age-group for the U.S. team at the 2016 International Triathlon Union (ITU) triathlon September 15, 2016, in Cozumel. With a time of 01:13:40, Ms. Tuttle beat her former record set during the 2015 Chicago ITU triathlon.

"Part of the adventure of racing in foreign countries is that only swim, bike, and run

are familiar, while everything else is completely different," said Ms. Tuttle. "I am so grateful to be able to be racing at this stage of my life and having the strength, tenacity, and financial support from my sponsor the Wheat Foods Council, is just incredible – literally, a dream come true."

The Wheat Foods Council (WFC) sponsored Ms. Tuttle's training to highlight the role of wheat foods in the diet. As a part of its sponsorship, the WFC featured Michele throughout her training this past year, and she shared insights about her workout regimen, dietary choices and the importance of wheat foods in her training.

In August, Ms. Tuttle competed in the USA Triathlon Trials in Omaha, NE, where she successfully qualified for Worlds 2017 to be held in Rotterdam, Netherlands.



For more information about Michele's training journey, visit the Wheat Foods Council [Facebook page](#) or follow her on [Twitter @irongirlrd](#).



# OKLAHOMA WHEAT COMMISSION

## *Builds New Facility with Innovation in Mind*



The Oklahoma Wheat Commission has a brand new facility designed for exciting innovation for the wheat industry. One of the most inventive enhancements featured is the state-of-the-art kitchen lab. It was designed for the Commission to have a central space for members of the wheat industry to explore, research, experiment and find new ways to promote wheat and wheat foods.

“We are very excited about our new facility, and it is our mission to make this the place for the entire Oklahoma wheat industry to call home,” said Mike Schulte, Executive Director of the Commission. “We want to promote wheat research and educate the industry about the importance of the end quality product - after the wheat is harvested and before the baked goods are brought to the table.”

The Commission plans to use the kitchen lab to conduct testing and analysis of wheat foods and baked products, host trade delegations and chefs to come together and experiment with wheat flour to ensure quality product for quality baked goods, reach out to local media to conduct cooking segments, and even bring in Oklahoma wheat farmers who are skilled in the kitchen to share their own special wheat flour recipes.

“We want to link our farmers to the final product and encourage the importance of understanding, not only the agronomic traits of growing wheat, but also about what the consumer wants as a part of the whole picture,” added Mr. Schulte.

