Do Carbohydrates and Wheat Make You Fat?

“Going Grainular”

Flour 101

PLUS
Whole Grains
Recipes: Souper Suppers
Wheat Safari
The Dietary Guidelines for Americans (DGA) message, “make at least half your grains whole,” will be in the spotlight this fall as part of the US Department of Agriculture’s Center for Nutrition Policy and Promotion’s (CNPP) outreach to help more Americans eat healthfully. Since the release of the 2010 DGAs, CNPP has focused on a different health message each quarter. The timing for the grains messaging is perfect given that September is National Whole Grains Month, October is National Pasta Month, November is National Bread Month, and December has grain foods at the heart of many holiday traditions.

The Wheat Foods Council is joining with CNPP, as well as other members of the “Grain Chain” – the American Bakers Association, Grain Foods Foundation, National Pasta Association, USA Rice, and corporate members General Mills and Kelloggs – to help get the word out. Our strategic approach involves working collectively as well as individually to amplify the overarching message with the common theme of helping consumers incorporate whole grains at each meal. We’ll also be stressing the need for women of child-bearing age to eat sufficient enriched grains for folic acid, which plays a critical role in helping prevent neural tube defects.

For our solo activity, WFC will be launching our “Half ‘N Half” campaign featuring a CD for distribution to registered dietitians, health professionals and other message multipliers. Half of the CD will be devoted to whole grain recipes, with the other half enriched grain recipes. The CD will also be loaded with creative meal tips, nutrition information about wheat and carbohydrates.

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The campaign officially launches in October at the Academy of Nutrition and Dietetics (AND) Food and Nutrition Conference and Exposition (FNCE) so be sure to stop by for your copy at booth #1067. Information featured on the CD will also be downloadable from the Wheat Foods Council website.

WFC has also worked with CNPP to develop a series of consumer-oriented videos on such topics as whole grains for breakfast, budget-friendly whole grains, and whole grains for the whole family. These will be featured on the MyPlate.gov website during the September-December timeframe as well as on the Wheat Foods Council website and the websites of other Grain Chain partners.

Welcome!
Here are some handy ways to incorporate grains into your day – and remember to make whole grains at least half of them:

• Wrap a handful of arugula with two slices of tomato and avocado (if you like a kick add a hint of giardiniera, a hot and tangy relish of pickled pepper and jalapeno) into a whole wheat tortilla for lunch.

• Use hard white whole wheat flour, or half enriched flour and half whole wheat flour in baked goods.

• Spread a tablespoon of hummus into a whole wheat pita and stuff with two small falafels, cucumbers, tomato and drizzle of tzatziki for a delicious Mediterranean-style meal.

Or try this simple pasta recipe for dinner or as a side dish. It features whole wheat spaghetti flavored with a bit of red pepper and balanced with hints of citrus and garlic.

Spicy Spaghetti with Garlic Broccoli

Yield: 4 servings        Serving size: 1/2 cup        Prep time: 5 minutes        Cook time: 15 minutes

Each serving has: 184 calories, 6 g protein, 27 g carbohydrates, 7 g total fat (1 g saturated), 5 g fiber, 2 g sugars, 0 mg cholesterol, 19 mg sodium, 7 mg iron

Ingredients:
12 ounces whole wheat spaghetti, dry
1 medium crown of broccoli, chopped
1 large lemon, juiced
1 large lemon, juiced
2 garlic cloves, minced
1/2 tsp red pepper flakes
2 tbs extra-virgin olive oil
A pinch of salt

Instructions:
Cook pasta in a pot of boiling water according to instructions on the package (about 10 minutes), then drain well and return to the pot. Steam broccoli over boiling water (in a steamer pot, if you have one; otherwise, place a colander in the pot and cover). (Overcooking the broccoli will make it mushy, so keep a close eye on it.)

Toss broccoli into the pasta and add lemon juice, garlic cloves, red pepper flakes, and olive oil.
Season with salt to taste.
Do Carbohydrates and Wheat Make You Fat?

Judi Adams, MS, RD
President, Wheat Foods Council

Do carbohydrates and wheat make you fat? If you believe in science, follow along and learn about all the research that proves otherwise.

Around the turn of the 20th century, wheat consumption averaged about 200 lbs. per person annually and we did not have an obesity problem. Last year, wheat consumption was about 131 pounds per person and we have the highest obesity rate in U.S. history. What do the following studies have in common?

- Center for Disease Control’s (CDC) on-going National Health and Nutrition Examination Survey (NHANES)
- Nurses’ Health Study
- Nurses’ Health Study II
- Women’s Health Study
- Prestolate, Lung, Colorectal, and Ovarian Screening Study
- Health Professionals Follow-up Study
- Canadian National Breast Screening Study

They all show an inverse relationship between carbohydrate intake and body mass index ... the higher percentage of carbohydrates consumed, the lower the weight.

Also, because of folate; acid fortification of enriched grains in 1998, neural tube birth defects, such as spina bifida, have decreased by 36 percent in the U.S. The CDC acknowledges that enriched grains, rather than supplements, are responsible for this achievement and in May 2011 named folate acid fortification as one of the top ten public health achievements of the last decade. This incredible health initiative has saved Americans $4.7 billion in direct costs. All women of child-bearing age (including teenagers) should be consuming three servings of enriched grains daily and taking a folate acid supplement. Approximately seven percent of Americans cannot eat wheat because it contains gluten. That small percentage includes approximately one percent who have celiac disease, an autoimmune disease, and six percent who have non-celiac disease gluten sensitivity. Celiac disease, while serious for those who have it, is actually lower in incidence than autism or diabetes. Going on a gluten-free diet when you don’t need to risks trivializing the serious disease that celiac is. If you think you have celiac disease, get tested before going on a gluten-free diet or the test results will not be accurate.

You may have also heard that the wheat we consume today is different than the wheat our grandparents ate. There are no studies that show this is true for U.S. wheats.

Eating wheat is nutritious, and economical. Wheat forms the basis of some of our favorite foods so follow the science and enjoy!
Onion Soup Gratinee In a Bread Bowl

**Ingredients:**
- 2 large, sweet onions such as Vidalia, thinly sliced
- 1 tablespoon butter
- 1 cup dry white wine
- ½ cup apple cider
- Freshly ground black pepper
- 4 4-inch hard rolls
- 1 cup grated gruyere cheese

**Directions:**
- Melt butter in a large skillet over very low heat. Add the onions, sprinkle with salt and stir. Cover the skillet and let the onions cook very slowly until they have wilted completely, about 20 minutes. Remove the lid, stir the onions and let them cook another 20 minutes or so, stirring regularly until they become a deep caramel brown.
- Add white wine and turn the heat up to high. Let the wine boil until it is reduced to a syrup. Add the broth and cider, bring to a simmer, add pepper. Cover and keep it hot while you prepare the bread.
- Preheat the oven to 400 degrees F.
- Slice about 1 inch off the top of each roll and pull out the inside bread, making a bowl. Save the bread tops and inside for another use (crumbs or croutons). Set the rolls on a sheet pan and bake them for 5 minutes, until crispy and hot.
- Preheat the broiler. Have 4 shallow soup bowls ready.
- Ladle ¾ cup soup into each bread bowl and divide the gruyere among them, covering the edges of the bread. Bake until the cheese bubbles and browns, about 45 seconds. Be careful not to burn the bread.
- Lift each bread bowl with a spatula and set it into a soup bowl. Ladle the remaining soup around the bread and serve immediately.

Nutrition: Approximately 430 calories; 15 g total fat; 7 g saturated fat; 35 mg cholesterol; 470 mg sodium; 45 g carbohydrates; 3 g dietary fiber; 17 g protein; 104 mcg DFE (folate).
Source: Wheat Foods Council
### Wheat Growers Corner

**Flour 101**

If you want to flex your baking muscles, think flour – there’s a lot more than “all-purpose” out there. Many of the flours listed below can be found in the baking aisle of your favorite grocery store. With fall just around the corner – the harbinger of bake sales and holiday entertaining – it’s time to start harnessing the power of flour for your next baking project!

Keep in mind that the harder the wheat, the higher the protein content in the flour. Soft, low protein wheats are used for cakes, pastries, cookies, and crackers, while hard, high protein wheats make excellent breads.

<table>
<thead>
<tr>
<th>Type of Flour</th>
<th>Description</th>
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<tbody>
<tr>
<td>White flour</td>
<td>The finely ground endosperm of the wheat kernel.</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>White flour milled from hard wheats or a blend of hard and soft wheats. It gives the best results for a variety of products, including some yeast breads, quick breads, cakes, cookies, and pastries. All-purpose flour is usually enriched and different brands will vary in performance. Protein content varies from 8-11 percent.</td>
</tr>
<tr>
<td>Bread flour</td>
<td>White flour that is a blend of hard, high protein wheats and has greater gluten strength and protein content than all-purpose flour. Bread flour is milled primarily for commercial bakers, but is available at most grocery stores. Protein varies from 12-14 percent.</td>
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<tr>
<td>Cake flour</td>
<td>Fine-textured, silky flour milled from soft wheats with low protein content. It is used to make cakes, cookies, crackers, quick breads and some types of pastry. Cake flour has a greater percentage of starch and less protein, which keeps cakes and pastries tender and delicate. Protein varies from 7-9 percent.</td>
</tr>
<tr>
<td>Self-rising flour</td>
<td>Also referred to as phosphate flour, a convenience product made by adding salt and leavening to all-purpose flour. It is commonly used in biscuits and quick breads, but is not recommended for yeast breads. One cup of self-rising flour contains 1 ½ teaspoons baking powder and ½ teaspoon salt. Self-rising can be substituted for all-purpose flour by reducing salt and baking powder according to these proportions.</td>
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<tr>
<td>Pastry flour</td>
<td>Has properties intermediate between those of all-purpose and cake flours. It is usually milled from soft wheat for pastry-making, but can be used for cookies, cakes, crackers and similar products. It differs from hard wheat flour in that it has a finer texture and lighter consistency. Protein varies from 8-9 percent.</td>
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<tr>
<td>Whole wheat Flour</td>
<td>This flour is milled from the entire kernel of hard red wheat either by grinding the whole-wheat kernel or recombining the white flour, germ and bran that have been separated during milling. The presence of bran reduces gluten development, therefore, items baked with whole wheat flour tend to be heavier and more dense than those made from white flour. It. The insoluble fiber content is higher than in white flours.</td>
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<tr>
<td>White whole wheat flour</td>
<td>This flour is milled exactly like whole wheat flour and is nutritionally equivalent to whole wheat flour as well. The only difference is that whole white wheat flour is made with a white not red wheat variety. The bran of white wheat is lighter in color and has a milder flavor than red wheat and therefore the flour has these properties as well.</td>
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<tr>
<td>Gluten flour</td>
<td>Usually milled from spring wheat and has a high protein (40-45 percent), low-starch content. It is mixed with other non-wheat or low-protein wheat flours to produce a stronger dough structure. Gluten flour improves baking quality and produces a high-protein bread.</td>
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Take 25 of the nation’s top nutrition bloggers, freelance food writers, dietitians and health professionals to Manhattan, KS, the heart of wheat country, and what do you get?

The Wheat Foods Council’s Wheat Safari!

The 2012 Wheat Safari, June 19-21 in Manhattan, KS, let attendees experience first-hand how wheat goes from farm to fork. The information-packed two-and-a-half-day event included visits to:

- A working farm where participants rode a combine and experienced the wheat harvest
- A hands-on baking workshop at the American Institute of Baking featuring wheat flour from the six classes of wheat
- A tour of Kansas State University’s Hal Ross demonstration flour mill to see how wheat kernels are turned into flour
- Baking tips and “tricks of the trade” demonstration by baking expert and educator Sharon Davis, Home Baking Association.
- A visit to a commercial bakery where flour is transformed into the wheat foods we all love.

The goal of the event was to educate key influencers about wheat’s nutrition and healthfulness.