



Kernels

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SPRING 2018

Regroup. Reset. Resolve.

Tips to Sticking with
Those Healthy
Lifestyle Resolutions

Member Profile:

North Dakota
Wheat Commission

*Kids Don't Eat
Enough Whole Grains*

(psst... White Whole Wheat
May be the Answer)

PLUS:

FoodFit, Recipes,
Resources, and
more...





Message from the President

We are very excited to offer our Food Fit app to you as a free source of science-based nutrition information tailored to Personal Trainers, fitness professionals and their clients. We highlight the app and its content of Resources, Videos, Ask the Experts and Meal Plans in this issue of Kernels. A link to the app for either Apple or Android is provided for you to find and download it easily. We encourage you to get the app and offer it to your clients and associates. It is the handy mobile companion to our Center for Nutrition & Athletics website. Be sure to also read the other articles in this issue that include great information on sticking with your healthy lifestyle resolutions, spring recipes, a WFC member profile of the North Dakota Wheat Commission, how white whole wheat may be the answer to converting kids to whole wheat and tips for a low-budget sports diet.

Tim O'Connor
President, Wheat Foods Council

A vibrant, top-down photograph of a variety of fresh fruits and vegetables, including grapefruit slices, blueberries, strawberries, artichokes, chickpeas, and kiwis.

REGROUP.

RESET.

RESOLVE.

*T*ips to Sticking With Those
Healthy Lifestyle Resolutions.

The goals to eat healthier and exercise more typically rank among the top resolutions people make every year. A nutritious, well-balanced diet, including whole and enriched grains combined with exercise, help minimize health risks, improve mobility and brain function, combat some cancers and other diseases, and overall just make a person feel better.

We know making New Year's resolutions to make healthier lifestyle choices is the easy part. In fact, in one 2017 survey 45% of people said they would like to lose weight as their resolution, but sticking to those goals can prove to be difficult.¹



Bailing on resolutions by February or March can increase anxiety in some people, and it may be difficult to get back on track once a person has been derailed. So, how do you become a part of the small percentage of people who are successful at making those lifestyle changes?

Making realistic resolutions is a start. Also, setting short-term goals and participating in activities that deliver immediate results can help people achieve long-term success for improving overall health and fitness goals.²

Here are some other tips offered by the American Psychological Association to help refocus your efforts and affect real change this year:

START SMALL.

Make resolutions that you think you can keep, and set specific goals that can be measured. For example, simply swap out unhealthy snacks with healthier options; schedule two to three half-hour workouts a week, instead of everyday.

CHANGE ONE BEHAVIOR AT A TIME.

If you're trying to limit calories to address weight management issues, don't also try to train for a 10k. Instead, balance your reduced food intake with moderate exercise that keeps you moving without draining your energy and resolve.



TALK ABOUT IT & INVOLVE A FRIEND.

Share your goals and experiences with those who can help validate your excitement and help you stay focused and motivated when you become frustrated. Working out with friends can be a great way to stay accountable, as you're more likely to get to the gym if someone is waiting for you.

DON'T BEAT YOURSELF UP.

No one is perfect, and you must allow for setbacks when reaching for your goals. What's important is not to give up completely just because you ate a piece of cake or missed a workout. Regroup, reset and resolve to recover from your mistakes and get back on track.

ASK FOR SUPPORT.

Reaching out to those who care about you and will listen strengthens your resilience. Asking for and accepting help from others can increase your ability to manage stress caused by your resolution and sometimes help you determine new ways to achieve your goals.



SOURCES:
1. United States: "What are your 2018 resolutions?" (n.d.). Retrieved March 29, 2018, from <https://www.statista.com/statistics/378105/new-years-resolution/>
2. Woolley, K., & Fishbach, A. (2016). Immediate Rewards Predict Adherence to Long-Term Goals. *Personality and Social Psychology Bulletin*, 43(2), 151-162. doi:10.1177/0146167216676480

FINALLY, CREDIBLE NUTRITION RESOURCES AT YOUR FINGERTIPS!

INTRODUCING FOODFIT, THE APP DESIGNED FOR PERSONAL TRAINERS.



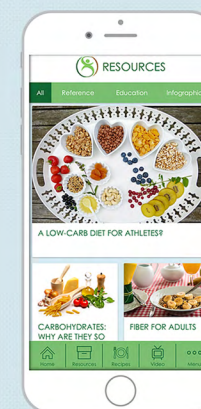
WHERE NUTRITION & ATHLETICS MEET.

An easy to use app full of science-based, credible nutrition information tailored to Personal Trainers, fitness professionals and their clients.

GET THE APP HERE ➔

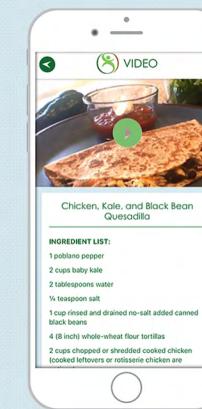


FEATURES



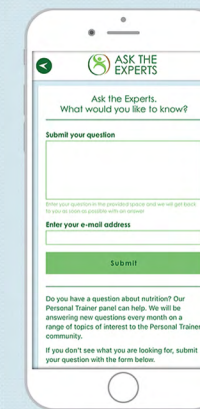
RESOURCES

We've got bite-size resources covering a wide range of nutrition subjects in short articles and colorful infographics.



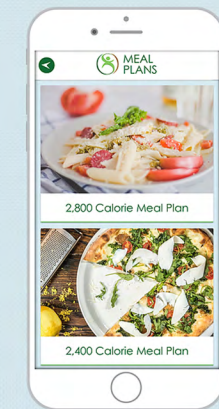
VIDEOS

Check out our growing library of short videos where sports and nutrition experts answer questions covering a wide range of subjects.



ASK THE EXPERTS

With FoodFit, you've got your own group of sports nutrition experts standing by to answer any question you may have.



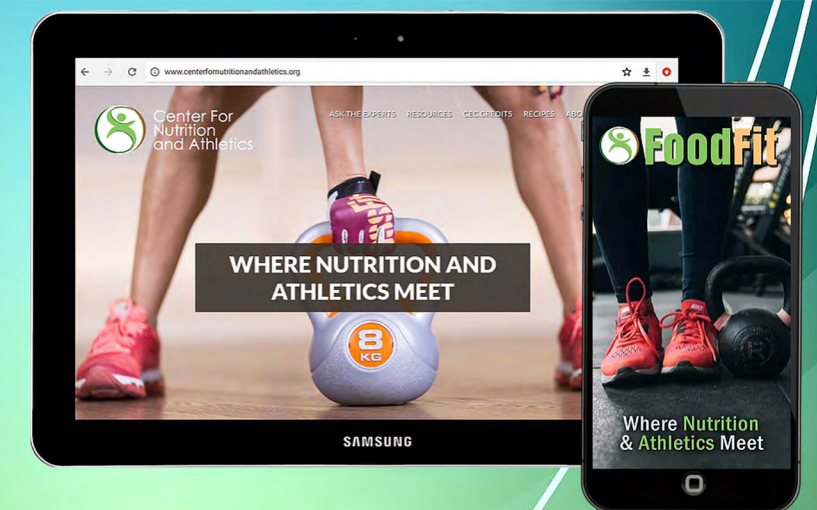
MEAL PLANS

We all know food is important for fueling the body. But clients often don't manage to eat right. Our meal plans help you point them in the right direction.

THE APP & THE WEBSITE:

A perfect nutrition combo for Personal Trainers and fitness professionals. When you need facts at your fingertips, FoodFit is the easy solution. When you want to dig deeper, visit the Center for Nutrition & Athletics website.

VISIT THE CENTER FOR NUTRITION AND ATHLETICS ➔



The Center for Nutrition and Athletics built the FoodFit app as a Free app. This SERVICE is provided by the Center for Nutrition and Athletics at no cost and is intended for use as is and will not share your information with anyone.

Spring is in the Air!

These recipes are light, delicious, nutritious, and sure to put a spring in your step.

Ingredients:

Sauce

¼ cup peanut butter
¼ cup low sodium soy sauce
2 tablespoons sugar
¼ cup sesame oil
2 tablespoons Worcestershire sauce
2 tablespoons lime juice
¼ cup plus 2 tablespoons low-sodium chicken broth, or water
1 tablespoon chopped fresh ginger
2 cloves garlic, peeled and coarsely chopped
Freshly ground black pepper, to taste

Linguine

1 pound linguine, cooked and cooled
2 cups small watercress, sprigs (1 bunch)
1 mango, pitted and diced
½ cup chopped scallions
¼ cup chopped fresh mint, optional
¼ cup chopped peanuts

Directions:

Into the food processor or blender put all the sauce ingredients. Process until smooth.

Put the linguine, watercress, mango, scallions and mint into a large bowl. Add the sauce and toss until the linguine is well coated. Sprinkle with peanuts and serve.

Servings: 8

Approximate nutritional value per serving:

400 calories; 15 g total fat; 3 g saturated fat; 310 mg sodium; 57 g carbohydrates; 5 g dietary fiber; 13 g protein; 16 mcg DFE (folate).

Peanut Noodles with Mango and Watercress

Sesame Noodles



Ingredients:

12 ounces whole wheat thin spaghetti
2 tablespoons sesame oil
4 large boneless, skinless chicken breast halves, sliced into strips
1 bunch green onions, chopped
1 red bell pepper, chopped
1 head bok choy, w/stems removed or cabbage leaves, cut into strips
1 tablespoon sesame seeds
1/2 cup roasted cashews, optional
1 teaspoon salt, optional

Directions:

In a large skillet over medium heat, warm sesame oil. Sauté chicken for 5 to 7 minutes until browned and liquid is gone. Add onions and pepper and cook 3 minutes longer. Add bok choy leaves and sesame seeds and cook an additional 3 minutes.

Meanwhile, cook spaghetti according to package directions. Combine with chicken and cashews and salt, if desired, and serve immediately. Serve with soy or teriyaki sauce on the side.

Servings: 8

Calories/Serving: 386-340

Nutrition: With cashews and salt each serving provides approximately: 386 calories, 35 g protein, 38 g carbohydrates, 4 g fiber, 10 g fat (2 g saturated), 68 mg cholesterol, 90 mcg folate, 3 mg iron, 1278mg sodium.

Without cashews and salt each serving provides approximately: 340 calories, 34 g protein, 36 g carbohydrates, 4 g fiber, 6 g fat (1 g saturated), 68 mg cholesterol, 84 mcg folate, 2 mg iron, 1227 mg sodium.



North Dakota is a leader in the U.S. wheat industry, ranking second among states in total wheat production and first in the nation in the production of hard red spring and durum wheat. We recently caught up with Erica Olson, Market Development and Research Manager, to learn more about the Commission.

What are the most important challenges and the greatest opportunities for the wheat industry as a whole?

Our industry still confronts misconceptions about wheat production by the general public. Many Americans do not understand modern agriculture, advances in wheat breeding and the origins of new varietal strains of wheat. Anti-gluten and anti-wheat opinions persist, even though there has been a shift back toward the idea that at least whole grain wheat is nutritious. Additionally, we are not the only wheat producers globally, and US wheat faces increasing competition among other wheat-growing countries. Recent trade issues and tariff concerns may have a negative impact on international wheat markets.

On the upside, increased technology, production advancements, and better varieties of wheat, benefit producers. American consumers continue to value quality products providing a growth opportunity for US wheat farmers who produce the highest quality wheat in the world.

North Dakota is positioned to capitalize on this demand since the state specializes in hard red spring and durum considered to be the highest quality wheat. Internationally, increasing demands for better quality food products from a growing middle class will boost demand for premium wheat. US wheat farmers are in an excellent position to capitalize on this niche in the marketplace.

North Dakota typically is the second largest producer of wheat in the U.S., and it was the top wheat producer in 2009 and 2010. What factors contribute to the success of wheat farming in North Dakota?

Wheat has been grown in North Dakota for generations. Wheat is a cool season crop which makes the climate in North Dakota conducive to successful wheat production. While we've seen acreage decline in recent years, our production is still strong. Advances in wheat variety developments, like increased disease resistance and yield improvement, and new production approaches help maintain and advance yields.

In addition, producers are more aware of the emphasis that customers put on premium products. They understand the importance of quality and the value of producing the highest quality wheat crops. The ease of communication and information flow due to increased technology, like smart phones, allows farmers to get the most up-to-date agronomic information available.



North Dakota is number one in the production of hard red spring and durum wheat. What are the primary end uses for these wheat varieties?

Spring wheat is typically known for its use in high quality products including yeast breads, pizza crusts, hard rolls, bagels and noodles in some countries. Due to its strong gluten content, it is also commonly used as a blending wheat with other classes and origins of wheat.

Durum is the primary wheat used to make pasta. It is being sold more often domestically and in North Africa to make couscous. Durum can be used to make a type of bread with semolina-like texture and yellow color.

How does the North Dakota Wheat Commission educate consumers about the nutritional value of grain foods?

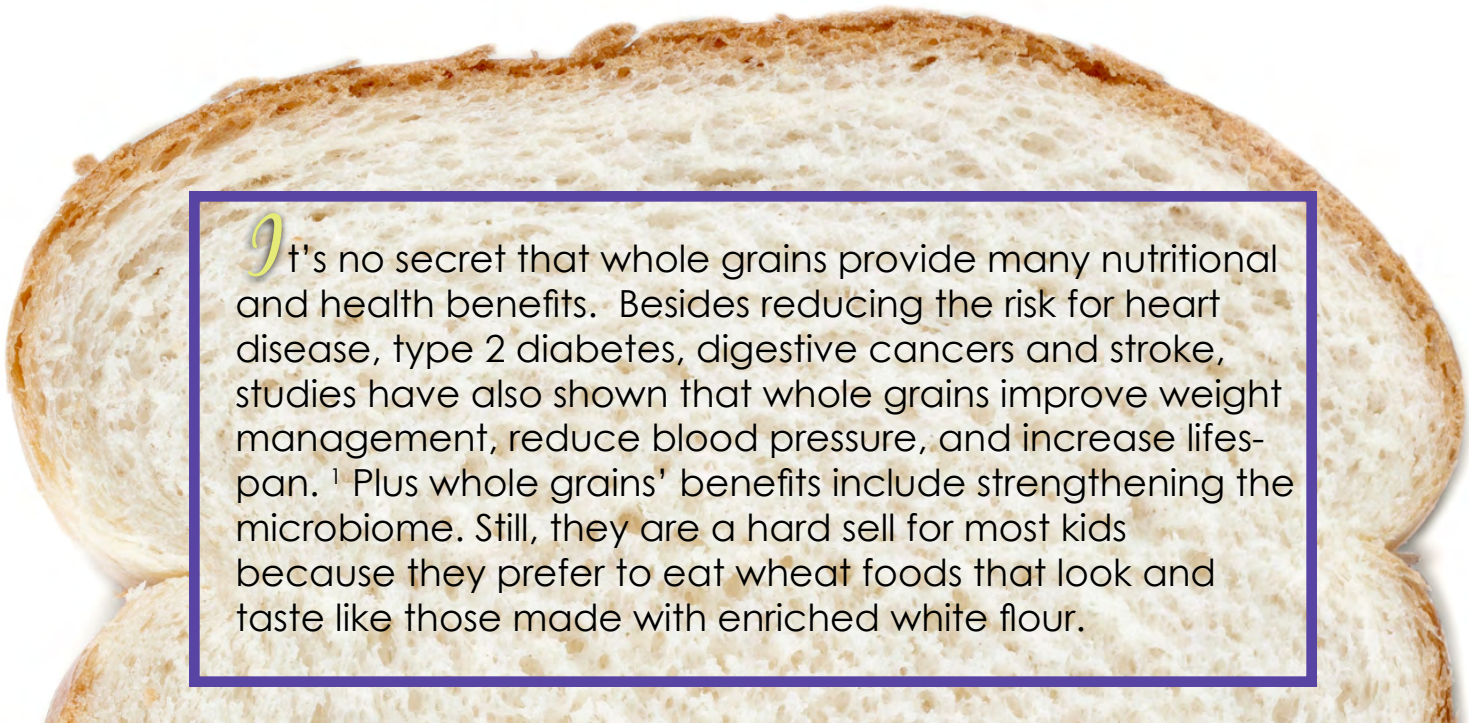
Generally, we do not get into the nutrition misconceptions about wheat and wheat foods, we rely on WFC. However, in an effort to reach out to children, we facilitate a program for about 4000 4th graders called “Living Ag Classroom.” We demonstrate how wheat is produced, showcase end use products, and educate them on the benefits of whole wheat, white wheat and enriched wheat products.

Finally, what does the North Dakota Wheat Commission like most about its association with the Wheat Foods Council?

Domestically, we rely heavily on the programs and initiatives of the WFC to educate RDs, schools, consumers, and now personal trainers. Not only do we count 100 percent on the WFC’s promotion activities, but we value the insightful information and resources about all areas of the wheat industry that they provide. The WFC does a great job of getting one cohesive message out to all stakeholders.



*(Psst... White Whole Wheat)
may be the Answer!*





That's where white whole wheat comes in. Foods made with white whole wheat flour are usually more quickly accepted by children than foods made with the more common whole wheat counterpart, which is made with red wheat. Both red and white wheat offer very similar same nutrition and health benefits. Because the bran, or outer layer of the kernel for white wheat is lighter in color than red wheat, when white wheat is used to make whole wheat products, they will more closely resemble products made from enriched wheat (where the bran has been removed). Also, white wheat doesn't contain phenolic

compounds that are found in red wheat, which in turn gives baked goods a milder flavor appealing more to kid's tastes.

The National School Lunch program is required to offer whole grains, but the struggle has been to get kids to eat them. Taste tests, recipe tweaks, and using popular and familiar foods, like pizza, that incorporate whole grains without varying too far from familiar eating patterns, can break through barriers to whole grains for kids. These strategies, along with creating great tasting, quality products made with white whole wheat flour can increase kid's interest of whole grain foods, improve acceptance and ultimately increase consumption.



For more information about **"Whole White Wheat: A Whole NEW Marketplace,"** presentation, visit the Wheat Foods Council website.

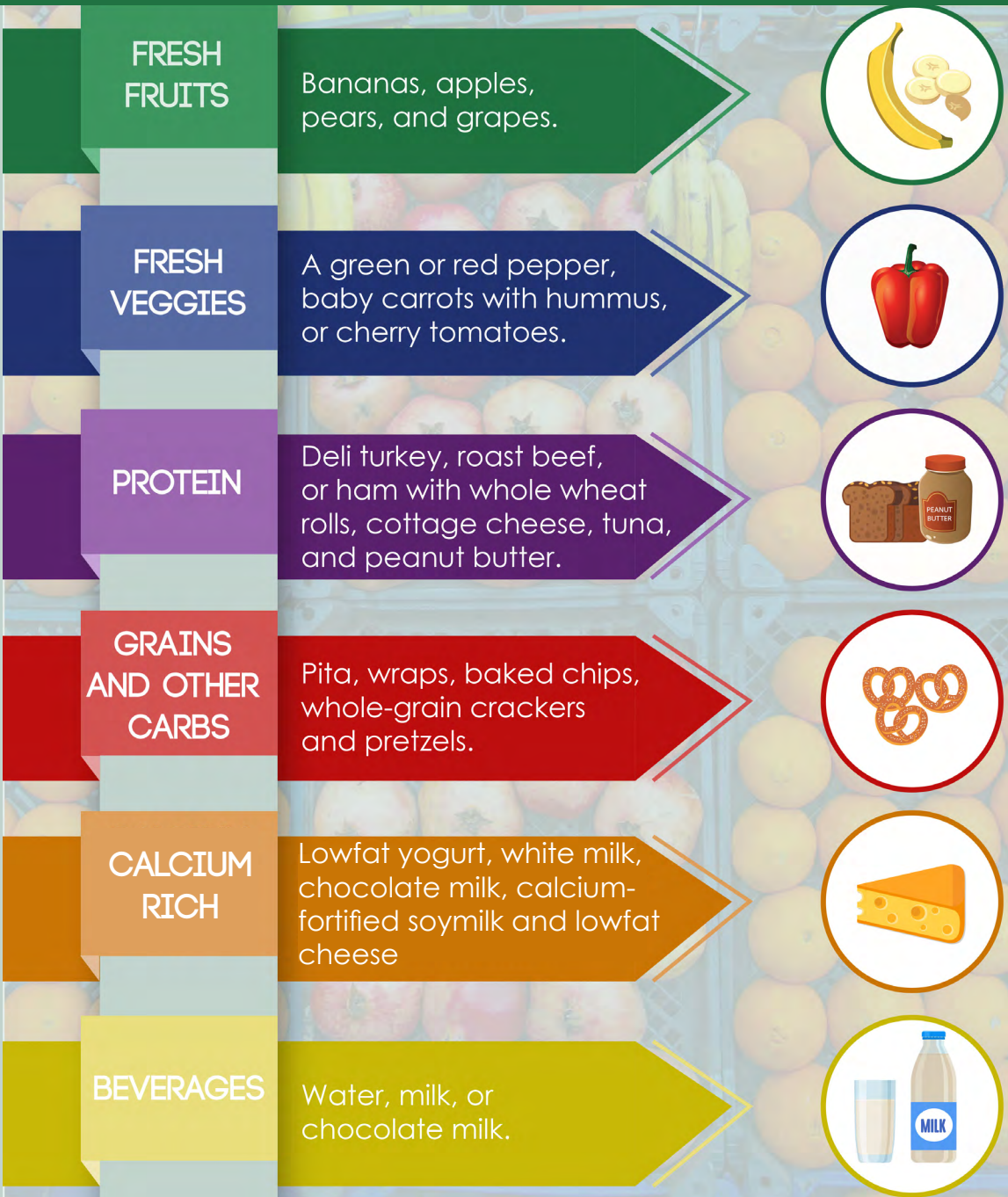
Interested in learning about the **6 Classes of Wheat?** Find it on the Wheat Foods Council website.

FAST FOOD FOR ATHLETES

A limited food budget creates a fueling challenge for many athletes, including college teams traveling to games, students responsible for their own meals, parents of active kids, and semi-pro players hoping to get to the next level.

These practical tips can help optimize a low-budget sports diet.

Here are things to shop for:



TIPS

Be cautious of super salads. While they have a seemingly healthy glow, they can be unfriendly for many sports diets, particularly if you are weight-conscious.

Hungry athletes who need lots of inexpensive calories can do well by packing sandwiches made with peanut butter & jelly (or PB & jam, honey, raisins, banana, pickles or even cottage cheese—whatever tastes good to you).

Source: Wu H, Flint AJ, Qi Q, et al. Association Between Dietary Whole Grain Intake and Risk of Mortality, Two Large Prospective Studies in US Men and Women. JAMA Intern Med. 2015;175(3):373–384. doi:10.1001/jamainternmed.2014.6283