



Kernels

Vol. 12

July 2015



Fabulous Fiber-Rich Foods
Promote Wellness

The Importance of Fitness for
the 50+ Generation

PLUS: Resources, Recipes, and
our Farewell to Judi Adams



Judi's Farewell Message for E-Kernels

Reflecting on the Good Life and Great Mentors

Judi Adams, MS, RDN, retired as president of the Wheat Foods Council June 30, 2015. She shares some thoughts on her career and looks ahead to what's in store in this, her farewell column.

Saying good-bye is not easy – even though I have been counting the days until I do. I have loved working in the grains industry for the majority of my 40+ years in nutrition education, but it is time to play now. I started working part-time when I was 12 and haven't had a summer off since or a day between jobs. I plan to hike and ski more, hopefully become a decent golfer and volunteer in the community. I am especially looking forward to spending more time with my amazing husband.

I have been incredibly lucky in my career having had great mentors since I was a teenager. My first mentor was Alice Halsted when I was in 4-H. She was my county extension agent (now called Family and Consumer Science Educator). In grad school, Guen Brown was there for me. My first job out of grad school was as a state food and nutrition extension specialist (also with a new name now) at North Dakota State University, where Bethel McCloud was an inspiring mentor. At the North Dakota Wheat Commission in the 70s, my boss, Mel Maier, was my first, but not last, male-mentor. Dina Butcher at the North Dakota Department of Agriculture was always there for me. At the Wyoming Department of Agriculture, Commissioner Don Rolston had superior people skills and was a great mentor. Three out of five of my mentors are gone, but their memories and lessons live on.





Among the lessons I learned that have served me well:

- How important it is to nurture young women to help them conquer obstacles that I and generations of women before me have faced
- To hire the best and smartest people (especially when they are smarter than you)
- That you must make yourself happy to make those around you happy
- To give 100% to your job and personal life
- To separate your professional view of a person from your personal relationship with them
- And one of the best lessons I learned in my life: "Principles only mean something if you stick by them when they are inconvenient."

I talk about mentoring in hopes that everyone who reads this will remember their mentors AND be good mentors themselves.

Thanks to the Wheat Foods Council who gave me the opportunity to work for them twice. I will miss my industry and nutrition colleagues and friends and wish each of you the most rewarding life possible. And please keep in touch (JudiAdamsConsulting@gmail.com) – I just plan to retire, not die, any time soon.

Judi Adams

Judi Adams, MS RDN,
President, Wheat Foods Council

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Congrats!

Bread, Baked Goods Response

Public demand for healthier food choices is providing the baking industry

Globally, the bread and baked goods market is expected to grow by approximately \$310 billion by late 2015, according to Transparency Market Research (TMR). Increased demand for fresh, nutritional foods has prompted wholesale and retail bakers to innovate and create a variety of healthy breads and baked items using premium ingredients offered at competitive prices.

Influencing this “better for you” food market are Millennials, Baby Boomers and exercise enthusiasts. According to a Packaged Facts report, Millennials choose foods to prevent health issues and maximize nutrition. They like to know what’s in their foods and where it comes from.

Boomers are another important demographic, because they tend to be brand loyal and control 70 percent of U.S. disposable income, according to a Nielson report. They select foods with antioxidants, fiber, whole grains, and other nutrients identified to help with aging. Competitive athletes and more casual exercise participants typically seek nutrient-dense, healthy options for various levels of energy, performance and recovery.

Packaged Facts reports that healthy fiber and whole grains are among top priorities for consumers when considering bakery goods. The baking industry now offers more nutritionally fortified products, including whole grains, to entice health-conscious consumers. Products containing “super foods,” like pomegranate and chia seeds, are also increasingly popular when perceived to be beneficial for health, according to facts compiled by the International Dairy-Deli-Bakery Association (IDDBA).



Consumers are avoiding foods containing saturated fats, high fructose corn syrup and other ingredients perceived to be unhealthy. They seek “natural” and “fresh” foods, smaller portions and less fat and sugar for weight management, according to a Nielsen Health and Wellness Report. Bakers are responding to these drivers with smaller or single portion servings of breads and snacks made with natural or health-oriented ingredients.

Consumers also want fewer ingredients and a clear product label. Innova Market Insights reports that clean label claims are tracked on

nearly a quarter of all food and beverage launches, with manufacturers increasingly highlighting

ding to Consumer Preferences

...y with a significant opportunity to meet consumer needs going forward.

the naturalness and origin of their products. For example, one large baker recently announced plans to reduce the number of ingredients in one of its bread products as part of its clean label initiative.

In another example, a cereal manufacturer has pledged to add more beneficial nutrients, including protein and omega-3 fatty acids, and reduce sugar and sodium in its ready-to-eat cereals by the year 2020.

Added protein is another ingredient trend for foods, including wheat foods. Consumers want protein for increased energy, as a way to build muscle, and to feel fuller longer.

The nutrition bar industry successfully includes protein and other healthy ingredients for those looking for an energy boost, healthy snack, or on-the-go meal. Euromonitor International reports that high-protein bread launches will continue to increase as bakers balance consumers' desire for increased satiety/fullness and sustained energy with appealing taste and texture.



In addition to health benefits, indulgence is also a top trend for in-store bakeries, according to research by the Nielsen Perishables Group. Despite the public's preference for nutrition and claims about eating less, chocolate and cookies ranked alongside fresh fruit and vegetables in a global top ten survey of consumer snacking patterns.

With all the growth in the bread and baked foods market and as the baking industry continues to innovate and creatively produce fresh, nutritious foods, it's a good time for consumers to add wheat foods to their grocery lists.

Sources: Transparency Market Research report, "Bread And Baked Food Market - Global Industry Analysis, Size, Share, Growth, Trends And Forecast, 2013 – 2019"; Packaged Facts, "Functional Foods: Key Trends & Developments in Ingredients for 2015;" Nielson BoomAgers report; IDDBA's What's in Store 2015: Bakery Trends Forecast; Innova Market Research report, "Food & Beverage Top 10 Trends list for 2015;" Nielson report findings as supplied by Todd Hale, LLC (Retail Insights Thought Leader); and 2014 Corporate Responsibility Report, Kellogg Company.

Fresh Summer Produce Pa

Seasonal fruits and vegetables combine with delicious grain foods in

Caprese Pasta Salad



Ingredient List:

1 (13.25 ounce) box whole-wheat penne (or other shape) pasta
4 medium tomatoes, chopped or 1 pound grape tomatoes, halved
½ pound fresh low-fat, mozzarella cheese, in ½" cubes or fresh mozzarella "pearls"
1/3 cup chopped fresh sweet basil
¼ cup olive oil
1 tablespoon Italian seasoning
1 tablespoon balsamic vinegar
½ teaspoon salt (optional)

Directions:

Cook pasta according to package directions. Rinse with cold water and drain. Add tomatoes, cheese and sweet basil.

In a separate small bowl, combine oil, seasoning, vinegar and salt (if using). Add to pasta mixture and chill.

Servings: 10 Calories/Serving 266

Nutrition: One serving provides approximately: 9 g Protein, 31 g Carbohydrates, 4 g Fiber, 12 g Fat (4 g saturated), 18 mg Cholesterol, 1 mcg Folate, 1 mg Iron, 22 mg Sodium

Greek Wrap



Directions:

In a medium bowl, combine all of the ingredients except for the tortillas. Let stand for 20 minutes, stirring occasionally. Drain off liquid and divide salad mixture among the tortillas. Fold bottom of tortilla partially over filling and then fold top of tortilla over filling to "wrap" the filling.

Ingredient List:

4 10-inch wheat or whole wheat tortillas
¾ cup crumbled feta cheese
16 cherry and/or yellow pear tomatoes, halved
10 extra-large black olives, drained, halved
1/2 medium red onion, thinly sliced
1 small yellow squash, sliced
1 medium cucumber, peeled, seeded and diced
2 tablespoons balsamic vinegar
1 tablespoon chopped fresh parsley
1 medium garlic clove, diced
2 teaspoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Servings: 4 Calories/Serving 360

Nutrition: One serving provides approximately: 11 g protein, 45 g carbohydrates, 3 g fiber, 16 g fat (7 g saturated), 25 mg cholesterol, 29 mcg folate, .8 mg iron, 1190 mg sodium.

Meals Well with Wheat Grains

These Wheat Foods Council recipes are perfect for your summer meals.

Mini Fresh Fruit Cup with Pastry Topper

Ingredient List:

1 refrigerated piecrust
1 teaspoon sugar
½ teaspoon cinnamon
1 1/2 cups fresh fruit (single fruit or a mix of whatever is in season such as strawberries, blueberries, peaches, etc.)
2 teaspoons wheat germ
Honey (optional)
Colorful, decorative sprinkles (optional)



Directions:

Preheat oven to 375°. Mix sugar and cinnamon together in a small bowl. Using a cookie cutter (3 inches or smaller), cut piecrust into shapes. Sprinkle shapes with sugar cinnamon mixture. Bake on parchment lined cookie sheet in preheated oven for 10-12 minutes until lightly browned. Top with decorative sprinkles. Cool. Meanwhile, slice fruit into medium bowl and mix with wheat germ, add honey if desired for additional sweetness. Divide fruit into 4 ounce ramekins. Let sit until piecrust is cool, top fruit with piecrust shapes (1 piecrust shape per dessert). You will have several pieces of piecrust left to use for other desserts.

Servings: 4 Calories/Serving 133

Nutrition: One serving provides approximately: 2 g Protein, 18 g Carbohydrates, 1 g Fiber, 7 g Fat (3 g saturated), 3 mg Cholesterol, 11 mcg Folate, 0 mg Iron, 129 mg Sodium.

Bruschetta

Ingredient List:

12 slices, small Italian or French bread, toasted
3 large tomatoes, chopped
1 tablespoon olive oil
3 tablespoons chopped fresh basil
1/4 teaspoon salt

Directions:

Combine tomatoes, oil, basil and salt in a covered bowl and let marinate at least 4 hours (Do not refrigerate; tomatoes will lose their flavor). Use a slotted spoon to layer on to bread. Serve immediately.

Servings: 6 (2 slices each), Calories/Serving: 213

Nutrition: One serving (2 slices) provides approximately: 6 g protein, 37 g carbohydrates, 3 g fiber, 5 g fat (1 g saturated), 0 mg cholesterol, 61 mcg folate, 2 mg iron, 489 mg sodium.





Fabulous Fiber-Rich Foods Promote Wellness

New Fiber Database Underscores Health Benefits



With the ever increasing awareness of the importance of healthy eating, it is astounding that in 2014 more than 1.9 billion adults 18 and older and almost 13 million U.S. children ages 2 to 19 were overweight or obese. Choosing to eat a variety of nutrient-dense foods from all of the food groups promotes health and wellness, ensuring the body receives a balance of protein, carbohydrates, vitamins, minerals, and of course, FIBER.

Fiber is the indigestible part of plant foods which contains almost no energy or calories, but is vital for a healthy body. It cannot be broken down and passes almost intact through the intestines. Whole grain foods, legumes, fruits and vegetables are good sources of fiber and

are readily available year round, but even more so during the summer season. According to the National Fiber Council, 90 percent of Americans are NOT getting the recommended amount of fiber in their diets.

The fact that dietary fiber has been linked to nine potential health benefits identified at the Ninth Vahouny Fiber Symposium precipitated the recent creation of a new fiber database. This database was developed by an expert team led by Dr. Nicola McKeown at Tufts University and funded by the International Life Sciences Institute, North America Branch Committee on Carbohydrates.



This new Dietary Fiber Database is now available and can be used to review primary evidence linking specific fibers which may impact certain health outcomes, help identify research gaps, and for conducting full scale systematic evidence reviews to support decision-making with regard to fiber messaging for regulatory and marketing campaigns.

“90% of Americans are NOT getting the recommended amount of fiber.”

support decision-making with regard to fiber messaging for regulatory and marketing campaigns.

There are three types of dietary fiber, soluble and insoluble, and both provide health benefits. Insoluble fiber helps move intestinal contents quickly helping to alleviate or prevent constipation, irregularity, and diverticular disease. Whole wheat flour, wheat bran, nuts, beans and some vegetables are good sources.

Soluble fiber is found in oats, apples, citrus fruits, carrots, legumes (beans, peas and lentils), and white flour products (bread, bagels, pasta). Soluble fiber dissolves in water to form a gel substance, and it can help lower blood cholesterol and glucose levels.



Resistant starch found in pasta and other grain-based foods is believed to fuel health-promoting bacteria in the large intestine. It increases the body's sensitivity to insulin and lowers glycemic response which can assist with regulating blood sugar levels.

Dietary fiber is important for all ages. The National Academy of Sciences recommends that adult women under the age of 50 consume 25 grams daily, and adult men of a similar age should have 38 grams of fiber per day.



Black Bean Bulgur

Fiber is also important for seniors, because aging slows digestion and increases the threat of chronic diseases. Eating fiber-rich foods promotes a feeling of fullness which helps with weight maintenance that can be difficult as we age and need fewer calories.

The National Institute on Aging recommends eating three servings of whole-grain products, three servings of vegetables, and two servings of fruit each day. For adults over 50, women need 21 grams of fiber and men need 30 grams per day. Although rare, too much fiber can be problematic. It may help to gradually increase fiber to avoid bloating or diarrhea associated with rapid intake, and always drink plenty of fluids.



Penne Pasta with Sun-Dried Tomato and Walnuts

Eat a wide variety of fiber-rich foods for best results. Start your day with a whole grain cereal topped with fresh fruit. Prepare sandwiches using whole grain breads, pitas or wraps or combine whole wheat flour with white flour when baking treats. The Wheat Foods Council (WFC) offers a variety of high fiber recipes like **Black Bean Bulgur** and **Chicken and Cashew Salad in a Pita**.

For soups and salads, add grains, beans and fresh vegetables. Mix broccoli, peppers, or carrots into a rich spaghetti sauce and eat with whole wheat pasta. Serve poultry, fish or lean meat with couscous or bulgur and garnish with sliced oranges, raisins, or pecans for an extra fiber boost. Try the WFC's **Wheat Berry and Wild Mushroom Soup with Whole Wheat Pasta** or **Penne Pasta with Sun-Dried Tomato and Walnuts**.



Wheat Berry and Wild Mushroom Soup with Whole Wheat Pasta

Eating well-balanced, fiber-rich meals may help children develop life-long healthy habits and reduce the risk of developing heart disease and some types of cancer later in life. A child's daily intake of fiber should equal "age + 5 grams" to determine fiber needs for kids between the ages of 3 and 18. For example, a 7-year-old child would need about 12 grams of fiber, (7+5=12). For kids, make "grab and go" trail mixes of whole grain cereals, nuts, and dried fruit. Serve fresh-cut vegetables with low-fat dips or hummus for a healthy snack, or make cookies with whole wheat flour, like the WFC's **Whole Wheat Raisin Cookies**.

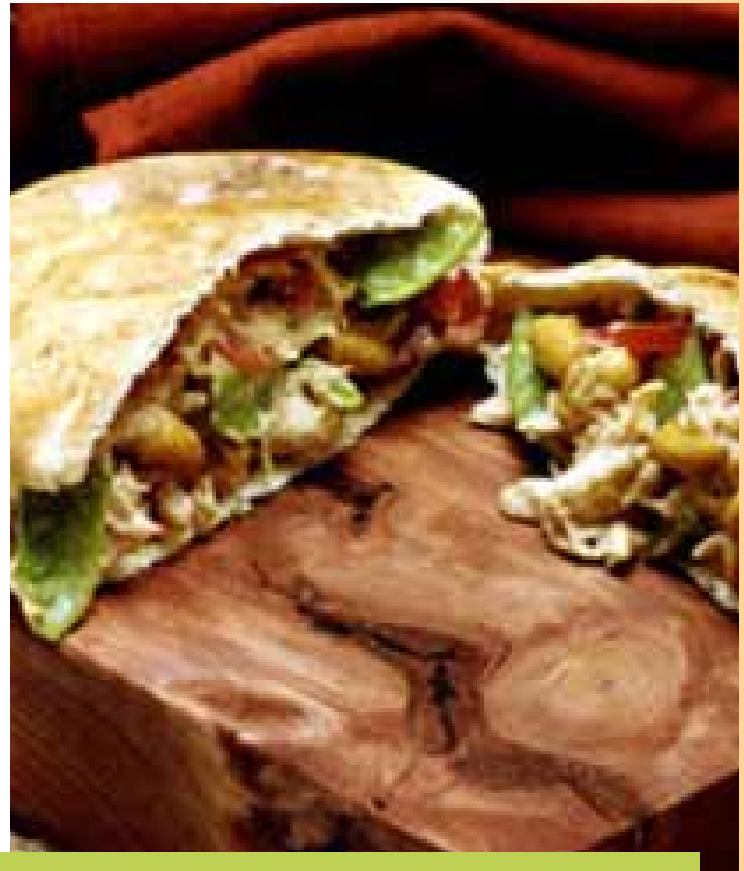
Note: For those interested in accessing the Dietary Fiber Database and user manual, please contact Dr. McKeown at nicola.mckeown@tufts.edu or visit the Agency for Healthcare Research and Quality, Systematic Review Data Repository website: <http://srdp.ahrq.gov/projects/published>.

ILSI NA is interested in learning about how you put the database to use by emailing Dr. Barbara Lyle at blyle@ilsa.org.

Sources: Wheat Foods Council resources; Barbara Lyle, Ph.D., B Lyle, Inc.; Mayo Clinic website <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983?pg=1&p=1>; Wellnessproposals.com <http://www.wellnessproposals.com/nutrition/handouts/grains-fiber/bulking-up-on-fiber.pdf>; World Health Organization website <http://www.who.int/mediacentre/factsheets/fs311/en/>.



Whole Wheat Raisin Cookies



Chicken and Cashew Salad in a Pita

Wheat's Up with Irongirl RD Michele Tuttle



As the mid-September 2015 date for the International Triathlete Union (ITU) competition draws ever nearer, nationally-ranked and 50+ athlete Michele Tuttle, RD, MPH, is busy training, training and more training. In a recent interview with *Kernels*, Michele explained that she is currently spending about 9-10 hours per week swimming, biking and running. On top of that, she adds three more hours of strength training and yoga. And with all that activity, she must also work in weekly physical therapy visits for active release therapy to help her avoid injuries.

Michele's diet is also a huge factor in her training. She eats about 3,000 calories each day, consisting mostly of carbohydrates, some protein and some fat. Her favorite carbohydrates include pasta, French and Italian bread, flour tortillas, breakfast cereals, waffles, pancakes, as well as cookies which she loves with skim milk. She pairs her carbohydrates with brightly-colored fruits and vegetables like spinach, broccoli, beets, cherries, strawberries, blueberries and oranges. Protein sources are varied: she rotates them daily eating a combination of animal sources (chicken, beef, pork and lamb) along with seafood (shrimp, salmon), as well as eggs, nuts and beans. Her primary sources of fat are olive and canola oil, nuts, avocados, and milk fat (from butter and half and half in her coffee).

While winning is certainly high on Michele's mind, she stresses that her current goals are truly to just "enjoy the process and the total awesomeness of just being part of the event." Her specific time goals:

- 12:30 swim
- 37:00 on the bike
- 19:59 on the run for the sprint (total time under 1:10)
- Under 2:20 for the Olympic Distance (23:30 on the swim, 1:08:00 on the bike, 43:00 on the run)

For those of us not well-versed in triathlons, a "sprint" triathlon is 750 meters (about ½ mile) of swimming, 20 kilometers of biking (about 12 miles), and a 5k run (3.1 miles). An Olympic Distance triathlon is 1500 meters of swimming (about one mile), 40 kilometers of biking (about 24 miles), and a 10k run (6.2 miles).

In 2013, she finished third in the world in the sprint distance for 50-54 year old women with a time of 1:18:46. In the Olympic Distance, she finished eighth with a time of 2:14:18, but the swim distance was reduced to 750 meters because the water temperature was so cold. She would have finished in about 2:26 with a full distance swim.

The Wheat Foods Council is sponsoring Michele in the ITU competition. Be sure to follow her on Twitter @irongirlrd and learn more about her on the Wheat Foods Council website www.wheatfoods.org.

Check out Michele's new video



Click to play



The Importance of Fitness for the 50+ Generation

How to Get Moving and Beyond



Exercise and physical fitness are vital for health and wellness at every age, but certainly as we age. Dealing with the health needs of a "graying" U.S. population is becoming increasingly important since members of the Baby Boomer generation are turning 50 every eight minutes.

Older Americans are living longer due to advances in medicine and preventive testing. However, despite continued evidence of the benefits of exercise, more than half

of people over 65 are not physically active. Many Boomers report that they exercise, but only 25 percent are doing the recommended level of aerobic activity.

Most people exercise to maintain or lose weight, including those aged 55 plus, according to a Mintel Exercise Trends report. Making physical activity a regular part of daily life as you age helps with weight maintenance, boosts energy, and strengthens muscles for better stability. It improves immunity and decreases the risks of heart disease, high blood pressure and diabetes. Exercise also reduces stress, enhances sleep, increases "happy" endorphins, and can allow for some fun social activity.

Two studies published in 2013 support mounting evidence that regular exercise preserves brain function, including memory, and lowers the risk of dementia and Alzheimer's disease. "The key message is the extraordinary benefits of long-term exercise, and that it's never too late to start," stressed Benjamin Tseng, Ph.D., in an article in *Runner's World*. Tseng was the lead author of the studies in the Exercise and Environmental Medicine lab at Texas Health Presbyterian Hospital in Dallas.





Getting started and committing to an exercise schedule is the biggest challenge due to lack of motivation and time, but especially if a person is older. Starting slow -- maybe twice a week -- making short-term goals and getting a doctor's approval is advised. Just a little movement provides an older person with improved physical benefits.

Get an even bigger boost by combining the elements of cardio workouts and strength training, and add in exercise that improves balance and flexibility. Walking or running, instructor-led group classes, swimming and yoga are all suitable workouts for older adults.

“Just a little movement provides an older person with improved physical benefits.”

The National Institute on Aging launched a health education campaign in 2011 called Go4Life® to inspire older Americans to get moving and make physical activity a part of every day.

The Go4Life team is a partnership of public and private national organizations, corporations, insurers, health care providers, and nonprofit organizations, including NIH and other agencies in the U.S. Department of Health and Human Services. The team members incorporate campaign resources into their own health and wellness activities and circulate Go4Life web links and materials among employees, customers and others in their communities. Partners sponsor events and community activities, like health fairs and exercise classes, aimed at engaging older adults in physical activity. While some older Americans are slow to get in the game, others are defying the aging process and pushing their physical limits by competing in serious endurance competitions. For example, over the past five years, the percentage of older runners increased, according to a Mintel report on exercise.





Middle aged and older athletes are also competing in marathons, triathlons and other competitions. The National Senior Games Association, which produces the largest multi-sport event in the world for seniors, adjusted the entry age for its competitions from 55 to 50 a few years ago at the request of many of its state member games where athletes qualify for the National Senior Games.

prompted us to lower the starting age,” said Marc T. Riker, CEO of the NSGA. “Many aging adults begin to explore new sports, or return to ones that they enjoyed in their youth, as they complete child rearing, or as they consider interesting ways to stay active and healthy for life.”

On the nutrition side, older athletes do not need to eat differently than younger ones, but following nutritional guidelines when exercising is even more critical for older people to ensure proper energy levels, muscle performance and prevent injury, according to Matt Fitzgerald, author and training intelligence specialist for PEAR Sports.

Aging makes a body more susceptible to muscle damage and loss of muscle mass. Fitzgerald advises consuming carbohydrates and protein for recovery after a workout can help with muscle tissue repair, and

“Age makes a body more susceptible to muscle damage and loss of muscle mass.”

proteins are essential for maintenance. Protein consumption should be spread out during the day instead of primarily eaten at dinner.

Carbohydrates are required for physical activity, because they provide glycogen for energy. Experts recommend eating moderate to high glycemic carbohydrates like bagels and cereals before, during and after a workout, so glycogen is quickly stored. Lower glycemic carbs like whole grain wheat breads and pastas are great for lasting energy as well. Overall, eating a variety of nutrient-dense foods from all food groups is a must for all ages, especially those who exercise.

For healthy recipes for athletes of any age, visit the Wheat Foods Council website: <http://www.wheatfoods.org/>

To find out more about NIH's Go4Life program or NSGA's Senior Games visit: <https://go4life.nia.nih.gov/> and www.NSGA.com.

Sources: Mintel Research, Exercise Trends, October 2014; American Health Care Association; National Institute on Aging media resources; National Senior Games Association; Helpguide.org, <http://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm> ; Competitor.com, “Nutrition For The Older Runner,” By Matt Fitzgerald, Published Jul. 24, 2014; Runner's World, “Master Athletes Have Superior Brain Function,” by Michelle Hamilton, August 7, 2013; BBC report, “Human body: The “ultra-athletes aged 60+.”

Wheat Foods Council Welcomes Tim O'Connor



Tim O'Connor, president and CEO, Tim O'Connor Associates, Centennial, CO, is the new president of the Wheat Foods Council, replacing Judi Adams, MS, RDN, who retired June 30, 2015.

O'Connor's background is firmly grounded in agriculture and marketing. Prior to launching his own consulting firm, O'Connor worked as CEO of Avocados from Mexico, a start-up marketing agency created to build demand for Mexico's avocado production. From 1999 to 2013, he served as president and CEO of the United States Potato Board, where he successfully positioned the organization as one of the leading produce marketing organizations. He also is a past executive vice president and CEO of the Illinois Beef Association.

"I am very excited about being part of the Wheat Foods Council and look forward to building on the organization's strong foundation," commented O'Connor.

Find more educational resources at the
Wheat Foods Council website:
www.wheatfoods.org/resources



America's Family
Food Toolkit



Wheat - Amazing Grain
Presentation



Whole and Enriched
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