



# Kernels

January 2015



■ **Healthy Eating Resolutions**  
You Can Keep

■ **The Sandwich -**  
It all begins with the BREAD

■ **Leftover Makeovers -**  
Making Mealtimes a Snap

**PLUS:**

Analyzing Claims on Carbs,  
Fun Facts about Sandwiches, and Recipes!



Wheat Foods Council  
WheatFoods.org



## A Word From Judi Adams

A recent study by North Carolina State University reports that home cooking and family meals place significant stresses on many families – and are simply impossible for others. Meal-related issues identified by the research ranged from finding time to prepare meals that “everyone in the family would be willing to eat,” to conflicted mothers torn between spending quality time with their children and the expectation of providing a home-cooked meal.

The study authors concluded that more needs to be done to develop creative solutions to support families and help simplify and stream-line the process of providing more healthful foods.

With that in mind, this issue of *Kernels* kicks off the New Year by focusing on creative, easy, fun ways to put nutritious food on the table:

- “Wholesome Grains Star in Easy Weeknight Supper Buffets” shows how to create simple meals around tortillas for tacos, bread for sandwiches, pasta and pizza crusts, served buffet-style for on-the-go lifestyles.
- “Leftover Makeovers – Making Mealtimes a Snap,” focuses on saving time in the kitchen (and grocery store) by cooking once, and eating twice (or more) through smart planning and a dash of creativity.
- And what about elevating the sandwich from brown bag staple to dinnertime diva? We share four of our favorite sandwich recipes, along with some sandwich history and fun facts which are sure to spark some entertaining dinner conversation!

On the scientific side, Wheat Foods Council Advisory Board members Glenn Gaesser, PhD, and Julie Miller Jones, PhD, LN, CNS, respond to claims that the recommendations of the Dietary Guidelines for Americans (DGA) for low amounts of dietary fats and increased carbohydrates are responsible for the U.S. obesity epidemic.

We also set the record straight on misinformation currently found on the internet regarding use of herbicides on wheat.

Finally, what would a New Year’s issue be without resolutions? Using information from the Wheat Foods Council’s Family Features lifestyle piece “Resolving to Be Healthier,” we provide useful tips on how to get off the make-and-break resolution treadmill and instead, adopt and sustain healthy lifestyle choices of eating and exercise.

Here’s to a happy, healthy 2015!

Judi Adams, MS RDN,  
President, Wheat Foods Council

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Only about 8 percent of Americans actually achieve weight-related resolutions each year, according to the *Journal of Clinical Psychology*. With that in mind, it’s a good time to find new ways to adopt and sustain healthy lifestyle choices of eating and exercise.

Dieting gimmicks -- eliminating whole food groups, or purchasing expensive pre-packaged foods and unusual equipment -- will never replace research-proven approaches to eating: eating a variety of nutritious foods from all the food groups in moderate portions along with daily exercise. It may sound boring but it actually works.

Eating healthy doesn't have to be complicated. It just takes some advance planning to stay on track with your nutrition goals. Set aside one day a week or month to plan weekly menus, prepare a shopping list, and cook multiple meals. Make and freeze dishes in batches for easy weeknight dinners, lunches, and breakfasts.

Starting the day with a healthy breakfast is a good first step. Research shows people who eat breakfast tend to take in more nutrients, focus better on daily tasks, and have greater success with weight management. Build a nutritious breakfast by combining protein, carbohydrates and low-fat dairy, such as whole grain cereals and fruit, egg sandwiches or egg white omelets loaded with veggies and a side of Greek yogurt. Or prepare

some eat-on-the-run breakfasts like the Wheat Foods Council’s (WFC) **Whole Wheat Orange Cinnamon Rolls**, **Best Blueberry Muffins** or **White Whole Wheat Muffins**. Add a piece of fruit and hard boiled egg and you’re ready to start the day.

Up your intake of fiber foods like whole grains, fruit, vegetables, and beans which promote digestive and colon health and foster a feeling of “fullness” for fewer ingested calories. Over 90% of Americans are not meeting the fiber recommendations. To ensure you eat more fiber-rich foods, cut and bag veggies and fruits before storing them, so they are convenient and portable.

Grain bars like **WFC’s Energy Bars** and **Cranberry Date Bars**, or whole wheat crackers spread with nut butters are nutritious on-the-go snacks. Bran cereals are excellent ways to increase your fiber intake.

Don’t forget to move. Exercise is as important as what you put in your body. You wouldn’t miss a work meeting or lunch date, so schedule your workouts just as you would any other event. Bike or run to work or school, join a workout group or make it a family affair and get fit together. You are more likely to follow through on your goals if someone is counting on you to show up. The important thing is to make physical activity a permanent fixture in your life and improve your physical health.



(Source: Information provided from a WFC Family Feature, “Resolve to Get Healthier”)



# Leftover Makeovers - Making Mealtimes a Snap

While leftovers save time and cut down on wasted food, eating the same meal over and over can be monotonous. So, think about one meal – and then turn it into two (or more).

The key to efficiently producing two or more meals for the effort of one comes down to planning. Decide on your original menus and then look for other recipes that use similar ingredients. Prepare shopping lists and save meal plans, recipes and ingredient lists in order to minimize time and effort for future meals.

Make the most of traditional leftovers by starting with recipes that often taste better the next day. The ingredients in foods like stews, soups or curries “meld” while sitting overnight in the refrigerator. These dishes, like the **WFC’s Slow Cooker Lasagna**, store nicely in containers for the next evening meal or for hot lunches. For variety and to boost the



nutritional punch, transform last night’s lasagna by adding chopped grilled vegetables or cooked spinach at the next serving, or vary the type of sauce used to top the lasagna.

When preparing the original meals, save prep time for meals later in the week by chopping and bagging extra ingredients like vegetables.

Meat, poultry and fish cooked for a main dish can be sliced and reserved for pastas, pizzas, and wraps the next day. The **WFC’s Chicken and Cashew Pasta**, **Chicken and Vegetable Pizza** or **Couscous and Shrimp Kabobs** work perfectly with leftover proteins paired with fresh vegetables and healthy grain foods to generate new meals.



These combine easily for a variety of soups, salads or quesadillas like **WFC’s Caramelized Onion Quesadillas**. When using ground beef, brown more than you need, then season and freeze for chili or spaghetti sauce. Doubling recipes and freezing for future meals is a great timesaving strategy and helps you pull together a quick, nutritious meal whether you get home late from work or are rushing to an evening activity.

When cooking pasta, make extra and store half, without sauce, in the refrigerator. The next night, lightly reheat in the microwave and toss with flavored olive oil and grated fresh parmesan for a delicious second appearance as a side dish.

Slammed with hosting two events back to back? “Piggyback” the party planning and

preparations for an efficient use of time, effort and cost. Plan menus that can be prepared once with extra portions reserved or recycled into fresh dishes and appetizers for the next event. Reuse extra beverages, serving pieces, centerpieces, unused plates and napkins from the first event at the second.

It is best to schedule the larger, more elaborate affair for the first night, making the second event more casual with fewer guests. For instance, transform a dinner party into an intimate brunch the next day by combining leftover meats and vegetables into a baked casserole, stir fry, or main dish salad. Extra bread and rolls can be made into overnight breakfast casseroles like the **WFC’s Breakfast Bread Pudding**. Transform last night’s fruit tray into a fruit salad and serve remaining desserts and pastries with a fresh pot of coffee and juices. Your guests will definitely think you are the host/hostess with the mostess!





# Analyzing Claims that Recommendations for Carbs, Fats Driving Obesity

The upcoming release of the 2015 Dietary Guidelines for Americans (DGA) is anticipated by those with an interest in nutrition. But not everyone agrees with the results from the committee of U.S. nutrition experts and their interpretation of the body of evidence in nutrition science that often has studies and opinions that are conflicting. Some are now coming forward and charging that the DGA recommendations for low amounts of dietary fats and increased carbohydrates are responsible for the U.S. obesity epidemic. However, the facts tell a different story.



First, national studies of food consumption show that only 3-8% of Americans eat according to the DGA. Second, if most people were eating more fruits, vegetables, and whole grains, lean proteins, and low or non-fat dairy servings, and consuming fewer solid fats and added sugars, and less sodium as suggested by the DGA, Americans would be healthier and obesity would be less of a problem.

Although the Dietary Guidelines have urged Americans to cut back on solid fats for many years, we simply have not followed that ad-

vice. Data from the National Health and Nutrition Examination Surveys (NHANES) reveal that fat intake among U.S. adults has remained constant at about 80-90 grams per day since 1971. The truth is that Americans have never gone low-fat. How can an obesity epidemic be blamed on something that never happened?

Many approaches to solving the obesity crisis have been tried. Millions of consumers have already tried a never ending stream of diets, including the low-carb diets that first became popular in the 1960s. But if they really worked, why wouldn't Americans have just stayed on them? Like all "diets," low-carb fails in the long term to keep weight off. Clearly, if low-carb diets were the answer to obesity, we would not have an obesity crisis.



Recent media articles mention some studies that seem to support claims about the superiority of the low-carb diet. This is cherry picking at its best. What is not mentioned in these pieces is a recent meta-analysis of 48 randomized-controlled trials published in the September 3, 2014 JAMA, which concluded that both low-carb and low-fat diets produce similar weight loss. These results are entirely in line with a July 2014 meta-analysis in PLOS ONE which concluded that, "there is probably little or no difference in weight loss and changes in cardiovascular risk factors up to two years" when comparing low-carbohydrate and

balanced diets. The bottom line: it's the calories, not the carbs.

Every five years, the Dietary Guidelines Advisory Committee reviews the latest science on nutrition and health and makes recommendations that reflect this review and best serves the needs of the United States population. Some are now claiming that the Dietary Guidelines Advisory Committee has ignored the latest findings on saturated fat and its role in heart disease. In fact, it hasn't. The Committee has recommended, based on a preponderance of evidence about which there is no disagreement in the scientific arena, that Americans adopt dietary patterns similar to the Mediterranean and DASH diets, both of which emphasize fruits, vegetables, whole grains, low-fat dairy, lean protein sources, and mono and unsaturated fats.

This is not new advice; while the messages may be worded differently, the advice on what to eat hasn't changed substantially over the 35 years (see table) that the Committee has been making recommendations.

The problem is not with the Dietary Guidelines. The problem is, and has been, that so few Americans seem to follow them.



Dietary Guidelines for Americans, 1980	Dietary Guidelines, 2010 (Key Statements for Consumers)
Eat a variety of foods	Build a healthy plate
Maintain an ideal weight	Eat the right amount of calories for you
Avoid too much fat, saturated fat and cholesterol	Cut back on foods high in solid fats, added sugars and salt
Eat foods with adequate starch and fiber	Be physically active your way
Avoid too much sugar	
Avoid too much sodium	
If you drink alcohol, do so in moderation	

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## Setting the Record Straight on Wheat and Glyphosate

A recent blog post showing up on the internet claims that domestically-grown wheat is commonly sprayed with an herbicide, Roundup®, the primary ingredient of which is glyphosate, prior to harvest to facilitate the harvesting process. The blog alleges that such a practice causes domestic wheat to become toxic and is causing a long list of major health issues.

The Wheat Foods Council has compiled the following talking points using information from bestfoodfacts.org, the Center for Food Integrity, based on input from:

- Angela Post, PhD, Weed Science Extension, Assistant Professor, Oklahoma State University
- Jeff Edwards, PhD, Small Grains Extension, Warth Distinguished Professor of Agronomy, Oklahoma State University
- Brett Carver, PhD, Wheat Breeding & Genetics, Regents Professor and Wheat Genetics Chair in Agriculture, Oklahoma State University

**Use of pesticides/herbicides are carefully considered by farmers because of the expense and to adhere to strict label requirements.**

Farmers use pesticides as sparingly as possible due to costs. Application of an herbicide like glyphosate could cost as much as \$6.50/acre. For a typical wheat field in the southern Great Plains, that represents an additional \$3,500 in costs that the farmer will likely choose not to incur.

**Wet field conditions and heavy weeds may force a farmer to use herbicides at harvest to avoid damage to the crop and equipment.**

Herbicides are used occasionally on mature plants (the grain is already “made”) such as when wet field conditions exist because the herbicide assists in reducing weeds. An overabundance of weeds at harvest can cause damage to the part of the combine that cuts the crop, and allow increased grain moisture that can



cause storage problems, as well as increased foreign material or “trash” in the harvested grain.

In some spring wheat (wheat planted in the spring instead of the fall) areas of the northern USA, farmers sometimes use an herbicide to achieve more uniform drying of wheat plants across the field while controlling weeds.

**When herbicides are used at harvest, the amount used is extremely small.** The common use rate for glyphosate is about one quart per acre. This is equivalent to evenly and accurately spreading one quart of liquid over a football field.

**About ten percent or less of the wheat crop may be subject to this practice annually.** This is not a common practice among wheat farmers nationwide. In the winter wheat areas of the Great Plains, the practice is extremely low.

**Herbicides at harvest do not “kill” the wheat nor do they increase yield.** Application of an herbicide at harvest is not used to “kill” the wheat since it is essentially non-living when applications are made. Nor is it used to increase harvest size since yield is already determined at this point.

**Glyphosate residue is unlikely to be found on harvested grain.** Individual grains are encased by mother plant tissue called the lemma and palea, which, in turn, are encased by the outer glume layer, similar to an envelope covering the seed, protecting it from the elements and holding it in place until harvest. The threshing process in the combine separates the grain from these maternal tissues otherwise called chaff. Even with whole wheat the chaff is not consumed with the grain.

**Use of pesticides on crops is steadily decreasing in the US.** According to USDA data, total pesticide use in the USA peaked in 1981 and has steadily decreased since. The U.S. wheat crop accounts for only 4.5 percent of the total amount of pesticides applied nationwide.



# The Sandwich

From PB&J to meatball subs, everyone enjoys a good sandwich –for centuries.

The first reference to what became the “sandwich” was during the 1st century when Jewish Rabbi Hillel the Elder combined meat and bitter herbs as the filling between two pieces of matzo bread. But the sandwich truly became the sandwich around 1762 in London, when John Montgague, the fourth Earl of Sandwich, asked for meat between two pieces of bread to avoid stopping to eat during a lengthy card game. The name stuck as patrons asked to be served, “the same as Sandwich.”

According to the Encyclopedia of American Food and Drink, the sandwich was introduced in America in 1837 with Eliza Leslie's recipe for ham sandwiches published in her cookbook, “Miss Leslie's Directions for Cookery.” In the 1920s, pre-sliced bread skyrocketed the sandwich's popularity among Americans.

Today, turkey and ham sandwiches eaten cold at home are consumers'



It all begins with the BREAD

favorite sandwiches as reported in a 2014 market survey conducted by Datassential. PB&J and Grilled Cheese rank in the top 10 with barbecue and use of artisan breads like brioche and pretzel also popular.

With so many delicious bread choices, picking the right bread to make the perfect sandwich is not as simple as it seems. Eight out of 10 consumers say the quality of the bread is the key to creating a great sandwich, according to USFoods.com.

It is also important to make sure the bread choice and sandwich fillings work together to provide the best blend of flavor and texture. Philly cheesesteaks and pulled pork need the muscle of hearty rolls or thickly sliced breads.

Sweeter breads pair well with salty fillings like ham or bacon, and flaky croissants or wraps showcase chunky fillings like chicken, turkey, tuna or egg salads. Traditional whole grain wheat or ciabatta work well with spicy mustards, lean meats, and leafy greens. The taste and texture of sourdough bread makes it a perfect choice for grilled cheese.

Sources: [www.kidzworld.com](http://www.kidzworld.com); Encyclopedia Britannica; research findings by Datassential as reported online in The Fiscal Times by Yuval Rosenberg, October 7, 2014; Website Food52.com, “How To Pick the Right Bread for a Sandwich,” by Talia Ralph (August 28, 2014).

SANDWICH

FUN

FACTS



By the **1920s**, white loaf bread was referred to as “sandwich bread” or “sandwich loaf.”

The Dagwood, a tall, multi-layered sandwich with various fillings, was named for Dagwood Bumstead, from the American comic strip, **Blondie**, created by Chic Young in 1930.



The longest sandwich, measuring 2,411 feet and 5 inches, was created on May 22, 2011.



As of October 2014, the most expensive sandwich commercially available is the “Quintessential Grilled Cheese” which sells for **\$214** at Serendipity 3 in New York.

It's made with French Pullman bread containing Dom Perignon champagne and 24 karat gold flakes, and buttered with white truffle spread. The sandwich contains Caciocavallo Podolico cheese, a rare Italian variety made from the milk of free-ranging cows fed a diet of fennel grasses and wild strawberries. After grilling, the sandwich is dipped in edible gold leaf and served with South African Lobster, swirled with more truffle oil.

On **June 30, 2013**, Action Ministries based in Atlanta, GA, had volunteers worldwide join forces to make a total of 18,574 SANDWICHES setting the new world record for the most sandwiches made in one hour.

**AUGUST** National Sandwich Month  
**2015**

Start planning your celebration now!

Sources: [www.kidzworld.com](http://www.kidzworld.com); The Encyclopedia of American Food and Drink; [USFoods.com](http://USFoods.com) website; Datassential; The Financial Times; Encyclopedia Britannica; Guinness Book of World Records; and the World Record Academy.



What's your favorite sandwich bread/filling combo? Let us know on the WFC Facebook page: <https://www.facebook.com/WheatFoods>.

# Sandwiches: Some Like 'Em Hot, Some Like 'Em Cold

COVER RECIPE

## Smoked Turkey & Veggie Wrap



### Ingredient List:

2 - 8-inch squares of fresh lavosh OR  
2 - 8-inch chapatis OR  
2 - 8-inch wheat tortillas  
1/2 cup boursin cheese OR  
1/2 cup low fat, herb-flavored cream cheese  
8 ounces smoked turkey, or lean roast beef, thinly sliced  
1 cup bean or alfalfa sprouts  
1 medium carrot, peeled and grated  
1 cup washed and trimmed watercress or Romaine lettuce

### Directions:

Spread cheese evenly over the bread. Lay the turkey or beef slices on top of the cheese and sprinkle with sprouts, carrots and watercress. Roll up the bread tightly to create a log shape. Wrap tightly in plastic wrap and refrigerate for up to 12 hours. Just before serving, slice each log in half at a slight diagonal.

**Servings:** 4

**Calories/Serving:** 209

**Nutrition:** One serving provides approximately (using tortillas, turkey, cream cheese and lettuce): 16 g protein, 18 g carbohydrate, 1 g fiber, 8 g fat (4 g saturated), 39 mg cholesterol, 30 mcg folate, 2 mg iron, 756 mg sodium

## Grilled Portabella Mushroom Sandwich

### Ingredient List:

4 medium whole wheat buns  
2 golf ball sized balls of fresh mozzarella cheese  
4 teaspoons olive oil  
2 tablespoons dried or 4 tablespoons fresh basil leaves  
1 tablespoon chopped fresh chives  
2 tablespoons balsamic vinegar  
2 portabella mushrooms, sliced into halves horizontally  
1 large red bell pepper, cut into 4th's vertically  
Optional - alfalfa sprouts, onions or your favorite vegetable

### Directions:

Combine cheese, oil, basil, chives and vinegar in a blender. Blend until smooth; set aside. \*Grill the mushrooms about 3 minutes per side or until tender. Grill peppers until tender about 5 minutes per side (do not peel). Skin will be wrinkled and lightly brown.

Slightly toast the buns on the grill and spread the mozzarella mixture evenly on the bottom of each bun. Cover with mushroom slice and red pepper. Serve immediately.

\*Can also be done under a broiler.

**Servings:** 4

**Calories/Serving:** 216

**Nutrition:** Each serving provides approximately: 11 g protein; 30 g carbohydrates; 6 g dietary fiber; 7 g fat (1 g saturated); 3 mg cholesterol; 32 mcg folate; 3 mg iron; 312 mg sodium



## Roasted Chicken Wrap

### Ingredient List:

3 large boneless chicken breast halves, skinned	1/2 green bell pepper, sliced length-wise
3 cloves garlic, peeled	1 tablespoon fresh oregano leaves or 2 teaspoons dried
1/2 cup balsamic vinegar	6 - 10-inch tortillas, warmed in aluminum foil in oven
3 tablespoons olive oil	
1 tablespoon sugar	
2 teaspoons cumin	
2 tablespoons olive oil	
1 medium white or yellow onion, sliced into rings	
1/2 red bell pepper, sliced length-wise	

### Directions:

Preheat oven to 375°F. In a blender or food processor, combine garlic cloves, vinegar, olive oil, sugar and cumin until smooth. Dip chicken breasts into vinegar mixture; save remaining mixture in refrigerator. Place breasts into a baking pan and bake uncovered, 30 minutes.

Turn breasts over and baste topsides with vinegar mixture; return to oven for another 30 minutes; basting occasionally with vinegar mixture. When chicken is done, cut into strips and keep warm until ready to serve. (If you prefer to shred the chicken with a fork, bake 15 minutes longer).

Meanwhile, heat olive oil in a large skillet over medium heat; add onions, pepper strips and oregano. Cook about 15 minutes until onions and peppers are limp and tender, stirring often. Divide onions and peppers equally among warm tortillas and top with chicken mixture; wrap. Serve immediately. Garnish with sour cream, salsa or guacamole, if desired.

**Servings:** 6

**Calories/serving:** 265

**Nutrition:** Each serving provides approximately: 10 g protein, 26 g carbohydrates, 1 g fiber, 14 g fat (2 g saturated), 18 mg cholesterol, 10 mcg folate, 2 mg iron, 178 mg sodium

## Vegetarian Sandwich



### Ingredient List:

1 small zucchini	dried sweet basil leaves, flavor to taste
1 yellow bell pepper	2 tablespoons light garden vegetable cream cheese
4 to 5 large fresh mushrooms, sliced	spinach leaves (optional)
1 medium tomato, 1/4-inch thick slices	4 slices bread, toasted (can be Enriched or Whole Wheat)
olive oil spray	
1/4 teaspoon salt	
1/4 teaspoon black pepper	

### Directions:

Cut zucchini length-wise into 4 (1/4-inch thick) slices. Cut pepper in fourths, remove seeds. Coat both sides of zucchini, pepper and mushrooms with cooking spray. Place zucchini and peppers on grill rack or broiler pan coated with olive oil spray; broil 3 to 4 minutes on each side or until tender. Add mushrooms and broil for 1 to 2 minutes. Remove from grill; sprinkle with salt, pepper and sweet basil leaves. Spread cream cheese on toast. Layer zucchini, pepper, mushrooms, and tomato on two slices of toast; add spinach if desired. Top with remaining toast slices. Cut each sandwich in half.

**Servings:** 2

**Calories/Serving:** 232

**Nutrition:** Each serving provides approximately: 9 g protein, 39 g carbohydrates, 4 g fiber, 6 g fat (3 g saturated), 9 mg cholesterol, 58 mcg folate, 3 mg iron, 638 mg sodium

# Wholesome Grains Star in Easy Weeknight Supper Buffets

In a hurry? No time to cook? Family members on different schedules? Don't let the "what's for dinner" conundrum get you down! Let the Wheat Foods Council (WFC) come to the rescue with some easy, stress-free, self-serve supper buffet ideas.



As your "base," think wholesome grains, such as bread, flour tortillas, and pizza crusts, and add a variety of fresh toppings, fixings and effortless sides. These basic foods are easy to prepare in advance, simple to assemble, work well for families on the go, and offer countless delicious and healthy options to appeal to a variety of tastes.

## The Sandwich Buffet –

A great sandwich begins with great bread. Offer a variety, from whole wheat or rye to focaccia, crusty sourdough or flaky croissants. Select lean meats and cheeses that will mix and match with the toppings. Don't forget chicken, tuna or egg salad from a favorite local deli or made fresh like the **WFC's Chicken and Cashew Salad**. Load up the buffet with pre-chopped vegetables and mix in a few taste "twists" like marinated artichokes and mushrooms or roasted peppers and onions. Slice avocado and add spreads like olive tapenade, pesto, and hummus in addition to mustard and mayonnaise. Don't forget PB&J for your pickiest eater.

Group the breads in baskets, the meats and cheeses on platters, fresh toppings and spreads in small bowls and jars. Have plenty of disposable plates, napkins and utensils on hand. Include a Panini press or toaster oven for a hot sandwich or use flour tortillas or flat-breads for a tasty wrap. When dinner is over, use the leftovers to make sandwiches for tomorrow's lunch.



## The Taco Bar –

Tacos are perennial favorites, and most ingredients can be prepared in advance, making them perfect for a weeknight supper buffet. Cook pork, chicken or ground beef in a crock pot to have ready for the evening rush. Packages of shredded cheeses and pre-chopped vegetables are great timesavers and can be served with tomatoes, leafy greens, and olives. Separate flour tortillas, wrap tightly in a moist cloth and place in a slow cooker set on low, or in the microwave following package directions. Have plenty of salsa, sour cream, sriracha, limes and cilantro on hand. Serve sides like the **WFC's Black Bean Bulgur** or **Couscous and Corn Salad**.

## Pizza Night –

For a pizza bar, purchase individually-sized whole wheat or traditional pizza crusts, pitas or English muffins. Serve traditional pepperoni or sausage, shredded mozzarella, tomato sauce or pesto, peppers, mushrooms, and onions. Include gyro meat, feta and olives for Greek pizza, or make the **WFC's Mediterranean Pizza**. Try caramelized onions, corn, and BBQ chicken for an inspired BBQ pizza. Pizzas cook in a hot oven in minutes. The pitas or English muffins can be toasted in the oven or a toaster oven.





# Jane Andrews Honored by the Academy of Nutrition and Dietetics



The Wheat Foods Council congratulates supermarket dietitian and Wheat Safari alum Jane Andrews, MS, RD, named the Lenna Frances Cooper Memorial Lecturer 2014 by the Academy. Currently, Jane leads the 10-member nutrition team at Wegmans, Rochester, NY, as well as eight product labeling staff.

As the 52nd recipient of this prestigious award, Jane delivered the 2014 Cooper lecture: "Inside Out: How Retail RDs Transform Food Culture" at the Food and Nutrition Expo (FNCE) in Atlanta last October.

## Need More Information?

Check out the resource section on the Wheat Foods Council website, [www.wheatfoods.org/resources](http://www.wheatfoods.org/resources). There you can find toolkits, ideas for social media posts, and past editions of Kernels. Here are a few resources to get you started!



The Truth About Gluten



Sprouting Up: Wheat Foods for Kids



Back to Breakfast