

## Nutrition Nibbles

### Good Ol' Grains

**G**rains, also known as cereals, or the seeds of grasses, continue to be a staple in most of our diets. And they should be! Grains, particularly whole grains, offer wholesome nutrition. Whole grains are intact; they have not had their germ or bran removed through processing. This means more fiber, selenium, potassium, magnesium, heart healthy fat, and vitamin E--more nutrition for you!

**M**ost of us are familiar with whole wheat bread, brown rice, corn tortillas, and old-fashioned oats and have made them a mainstay in our diets. However, there are many more unique whole grains available for the choosing.

Instead of brown rice, try **Wild Rice**. Located right next to the white and brown rice in the grocery store aisle, wild rice is darker in color and coarser in texture. A good source of protein, fiber, potassium, phosphorus, and B vitamins, wild rice makes a wonderful pilaf and addition to your dinner table. Wild rice is also gluten-free and celiac disease friendly.

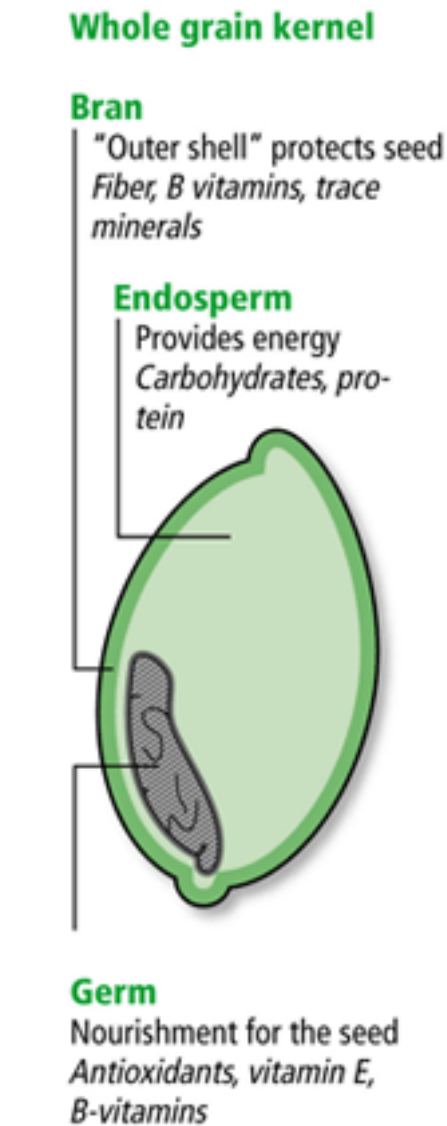


Photo: <http://www.mypyramid.gov/pyramid/grains.html>

Instead of whole wheat pasta or couscous, try **Quinoa**. While technically a pseudograin and more closely related to beets

### College Corner: Stop Stress Eating!

As the semester or quarter winds down, do you find yourself plumping up? Do you continually find yourself "hungry" as deadlines loom and responsibilities pile up? Does that new box of crackers or cookies disappear before you can finish saying the words "test tomorrow?" If so, you may be one of millions of Americans who stress eats. Up to 50% of us comfort our troubles by stuffing our faces in times of stress. You can combat stress eating by trying out a few techniques:

- 1. Be aware!** The first step in saying goodbye to stress eating is to a.) recognize that you in fact try to eat your way out of emotionally intense situations and b.) realize that this coping mechanism is not really working for you.
- 2. Call attention.** When school, life, and relationship troubles pile up, know that you will be stressed and more likely to turn to snacking. Be on the lookout for this behavior and before inserting the pint of ice cream into your mouth, ask yourself "Am I hungry or just stressed out?"
- 3. Substitute another.** Behavior that is! Rather than stuffing your face, try an alternative stress reducer: deep breathing, a walk around the block, listening to music, venting to a friend, or a favorite hobby. Hey, even if it only works 50% of the time, that's progress!
- 4. Try again.** If you slip up and stress eat, make a commitment to try a healthier way...next time. Opportunity will knock again!

**Questions or Comments? Email me at  
[marymahoneyrd@comcast.net](mailto:marymahoneyrd@comcast.net)**

## Good Ol' Grains continued...

## Grocery Store Decoded

and spinach than grasses, it is typically eaten as a starchy side dish. High in protein (7 grams per serving as compared to most grains at 3 grams per serving) and balanced in essential amino acids, quinoa is a particularly nutritious diet staple for vegetarians, vegans, and athletes. Quinoa is also gluten-free.

Instead of old-fashioned oats, try **Millet**. Originally more popular than rice in Asian countries, millet has been around for centuries. Rich in folate, calcium, iron, and zinc, these tiny little spheres pack in quite the taste and nutrition. Plus, millet is another gluten-free grain and staple for those with celiac disease.

When shopping for these alternative grains or any whole grains for that matter, check the nutrition label and make sure the word "whole" is at the top of the ingredient list. Also scout out grains with at least 3 grams of fiber per serving. These and other grains, such as bulgur and buckwheat, should be available at your local grocery store, Trader Joe's, or Whole

Foods. Make sure to check out the health food aisle.



**Millet**

Photo: <http://en.wikipedia.org/wiki/Millet>



**Cooked Quinoa**

Photo: <http://www.the-gluten-free-chef.com/image-files/cooked-quinoa.jpg>



**Cooked Wild Rice**

Photo: [http://en.wikipedia.org/wiki/Wild\\_rice](http://en.wikipedia.org/wiki/Wild_rice)

Have you ever roamed the grocery store aisles, stumbled upon some food item, and had no idea what it was or what to do with it? Even I have been stumped while shopping! Together, let's take a closer look at what stocks our shelves.

The chia pet is making a comeback! Chia seeds are sprouting up in the grain and cereal aisle as we speak... er, read. Chia, aka *Salvia hispanica*, is related to the mint family and is native to Mexico and Guatemala. Rich in omega-3 fatty acids (ALA or alpha-linolenic acid to be precise), fiber, and protein, chia seeds can help to keep your brain sharp and your digestive tract clean. Just 2 Tablespoons of chia seeds contain 200% of your daily ALA needs and reduce inflammation in the body.

But what to do with chia besides grow a pet? Chia can be eaten plain, straight out of the bag. The seeds can be sprinkled on your cereal, yogurt, or salad. They can also be ground into a flour and baked into breads, muffins, or scones. You can soak the chia seeds in water and create a porridge to eat.

**1 Tablespoon Chia Seeds contains:**

70 calories  
5 grams fat  
0 mg cholesterol  
0 mg sodium  
6 g carbohydrate  
5 g fiber  
3 g protein  
2900 mg ALA (omega-3)

## Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." For a quick and easy power-snack, I've been eating nuts. Nuts provide a portable source of protein, a little fiber, and a big dose of heart-healthy fat. Nuts are calorie-

concentrated so its smart to portion out one serving before indulging. I like the pre-bagged individual servings of nuts and trail mix that you can find at Trader Joe's. I always have one in my purse or work bag in case hunger strikes!