

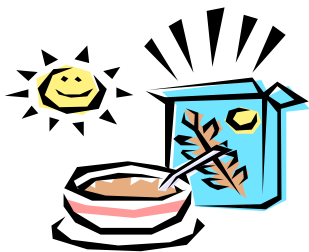
Nutrition Matters

Best Buys In... Grain Products

Canada's Food Guide to Healthy Eating recommends 5 - 12 servings of Grain Products daily. Grain Products are a great source of energy, vitamins, minerals and fibre! Enjoy a variety of grains such as cereals, pastas and rices, and make them the central part of your meal. Purchasing dry grains will be more economical from bulk food stores. Watch for sales in your local grocery store flyers for best buys.

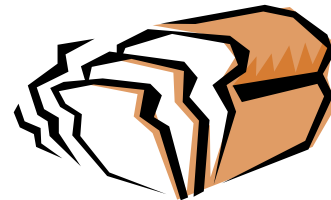
Pasta/Rice/Noodles

- Buy pasta and rice on special or at a bulk food store.
- Try couscous, bulgur or millet for variety.
- Pasta and rice keep well when stored in a dry place.



Breakfast Cereals

- Buy larger packages instead of the individual serving size packages.
- Hot cereals are the best buys.
- Limit your intake of sugar-coated cereals.
- Mix higher-fibre cereal with a lower-fibre cereal.



Breads

- 100% whole wheat provides the best nutritional value for the dollar.
- Compare brands to find the least expensive. "No Name" may be cheaper.
- Speciality breads like pumpernickel, rye and multi-grain may cost a bit more but are more nutritious and provide variety.
- Buy bagels and rolls pre-packed rather than individually.
- Remember to always check the "best before" date.
- Day old breads can be a great bargain.



Tips on How to Use Leftover Grain Products

Pasta/Rice/Noodles

- Create a stir fry
- Add to a salad
- Add to soups, casseroles, stews
- Reheat the next day and use as a side dish

Bread Products

- Make grilled sandwiches
- Bread crumbs, croutons
- Use for stuffings
- Cut bagels, pita or flour tortillas into triangles and bake into chips



Tabbouleh Salad

This Middle Eastern salad can be served as a side dish or you can add some meat or chick peas and make it a main meal. Bulgur is wheat that has been steamed, dried and crushed. Look for it in the bulk food store or your local grocery store.

Ingredient:

¾ cup	Fine or medium bulgur	175 mL
¾ cup	Boiling water	175 mL
2	Tomatoes, diced	2
1	Small cucumber, diced	1
3	Green onions, chopped	3
½ cup	Green pepper, chopped	125 mL
4 cups	Chopped fresh parsley (4 bunches)	1 L
1/3 cup	Lemon juice	75 mL
2 tbsp	Vegetable oil	25 mL
1 clove	Garlic, minced	1
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL

Method:

1. Place bulgur in 8-inch/1.5 L square baking dish. Cover with boiling water. Cover dish tightly with foil. Let sit for 30 minutes. Fluff.
2. In large bowl, combine bulgur, tomatoes, cucumber, green onions, green peppers and parsley.
3. To make dressing, in small bowl, whisk together lemon juice, oil, garlic, salt and pepper. Toss with salad. Taste and adjust seasonings if necessary.

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