



Best Buys In... Grain Products

Canada's Food Guide recommends eating 3 – 8 servings of Grain Products daily. (The number of servings you require each day varies depending on your age and gender – refer to *Canada's Food Guide* for your daily recommendation). Grain products are a great source of energy, vitamins, minerals and fibre. Enjoy a variety of grains such as breads, cereals, pastas and rice. Watch for sales in your local bulk food or grocery stores 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.



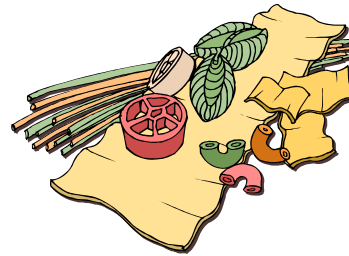
Breads

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

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.

Ingredients

¾ cup	Fine or medium bulgur
¾ cup	Boiling water
2	Tomatoes, diced
1	Small english cucumber, diced
3	Green onions, chopped
4	Chopped fresh parsley (4 bunches)
1/3	Lemon juice
2 tbsp	Olive oil
1 clove	Garlic, minced
½ tsp	Salt
½ tsp	Pepper

Method

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

Source: Bonnie Stern *Simply Heart Smart Cooking*, 1994.

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