

GRAPES from California

Grapes Make Whole Grains Great

For a Sweet Note, Add the Goodness of Grapes to Whole Grains

Spicy or mild, sweet or savory, crunchy or smooth, warm or cold: versatile Grapes from California add color and sparks of delicate sweetness to favorite whole grain entrées, salads and sides.



Whole Grains 101

Whole grains are grains that contain all three essential parts of the grain kernel: the bran, germ and endosperm. In refined grains, the bran and germ are removed.



Whole Grain Favorites

Amaranth: Among the grains highest in protein, don't be fooled by amaranth's tiny seeds: its nutty, sometimes peppery taste adds flavor and texture to dishes.

Farro: Sometimes called emmer, farro is an ancient grain with a chewy, dense texture and a rich, nutty flavor. Whole farro must be soaked overnight.

Freekeh: Green wheat that's harvested when young and then roasted, freekeh's flavor has a grassy and smoky bent, with a slightly chewy texture. Freekeh has more fiber than most other grains and can be used instead of barley or brown rice in dishes.

Quinoa: Whether you prefer its more traditional light-brown color or vibrant red, purple or black, quinoa's small sesame-seed size packs a powerful protein punch.

Brown Rice: Compared to its white counterpart, brown rice is higher in vitamins, minerals and fiber. Long, medium or short-grain, it has a nutty, mild flavor.

Wheat berries: These whole-wheat kernels need to be cooked in liquid until they're soft with a slightly chewy texture. Wheat berries absorb flavors well.

Whole Grains and Health

Numerous studies show the benefits of eating whole grains as part of a healthy diet, but there is a significant whole grain gap: one out of five Americans report eating no whole grains at all.

Eating three or more servings of whole grains daily may help reduce the risk of heart disease, diabetes and some cancers. Plus, research shows that people who eat whole grains are more likely to have healthier body weights compared to those who don't, and more successfully maintain their weight.

Whole grains offer fiber, iron, manganese, thiamin, selenium and more. Some whole grains – like amaranth, quinoa and buckwheat – are even a surprisingly good source of protein.

The Dietary Guidelines for Americans recommend making half or more of the grains you eat each day whole grain.

Gone Gluten-Free?

If you've gone gluten-free and thought you had to give up whole grains, here's good news: there are plenty of gluten-free whole grains that you can enjoy! Quinoa, amaranth, brown and wild rice, corn and buckwheat are all gluten-free grains.



Quinoa Salad with Grapes, Almonds and Spinach

[\[Click Here for Recipe\]](#)

Grapes and Whole Grains: The Perfect Combination

Grapes help whole grains go from ho-hum to yum! Besides adding a sweet balance, grapes also help keep whole grains moist.

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