



GRAPES MAKE WHOLE GRAINS GREAT WITH A *fresh burst of flavor*

Grapes and grains are a power pairing.

Spicy or mild, sweet or savory, crunchy or smooth, warm or cold: versatile Grapes from California add color, texture, and sparks of delicate sweetness to favorite whole grain entrees, 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 Grains and *health*

Numerous studies show the benefits of eating whole grains as part of a healthy diet.

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 rice, wild rice, corn, and buckwheat are all gluten-free whole grains.



Whole Grain *favorites*

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.

Try *Farro and Fresh Grape Chicken Salad*

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. Try *Quinoa Tabbouleh Salad with Grapes*

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. Try *Grape, Golden Beet and Brown Rice Salad*

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. Try *Wheat Berry Salad with Caramelized Onions and Grapes*



Grapes and Whole Grains: A *perfect* Pairing

Besides adding a sweet balance, grapes also help keep whole grains moist.