



NEWS RELEASE

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Go for the whole grains at your commissary

*By Lt. Col. Karen E. Hawkins
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FORT LEE, Va. – Want to lose weight, help your heart or just feel better? Then choose whole grains when shopping in the commissary. According to research, eating as little as two and a half servings of whole grains daily has been found to reduce the risk of heart disease. A serving is about one slice of bread or a half cup of a whole grain such as brown rice, oatmeal, wild rice, quinoa, barley or buckwheat. So be good to your heart and your waistline and go for the whole grains.

Choose whole grains while shopping and save 30 percent or more at the commissary. On the list of ingredients shown on the package, look for the word “whole” in front of a grain to find a food that is high in whole grains, such as “whole wheat.”

You can easily add whole grains to your meals, often using favorite recipes you have always enjoyed. The Whole Grain Council suggests:

Add whole grains

- Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes.
- Replace one third of the flour in a recipe with quick oats or old-fashioned oats.
- Add half a cup of cooked bulgur, wild rice or barley to bread stuffing.
- Add half a cup of cooked wild rice, brown rice or barley to your favorite canned or homemade soup.

- Use whole corn meal for corn cakes, corn breads and corn muffins.
- Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
- Stir a handful of oats in your yogurt for quick crunch with no cooking necessary.

Try new foods

- Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- Enjoy whole grain salads like tabbouleh.
- Buy whole grain pasta, or one of the blends that is part whole grain, part white.
- Try whole grain breads. Children especially like whole grain pita bread.
- Look for cereals made with grains like kasha (buckwheat) or spelt.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out [Kay's Kitchen](#). And to enjoy all your commissary has to offer, sign up for the [Commissary Connection](#)

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*