

## **Nurse Notes on Nutrition**

From your JKES nurse Monica Petrella

There is gobs and tons of information on nutrition everywhere! I will be putting some nutrition information in your news letters. Here is just a bit. Consider it “snack” info. I thought I’d start with the Food Guide Pyramid. You can go to [www.mypyramid.gov](http://www.mypyramid.gov) for a wealth of learning about foods, nutrition and healthy weights etc. There are six food groups in the pyramid: grains, vegetables, fruits oils, milk, and meat and beans. This news letter is featuring the **Grains!!** My Favorite!

**Grains** – Bread, cereal, rice, and pasta are high in iron, carbohydrates and some B vitamins. You should make at least half your grains whole grains. Six to eleven servings of grain a day are recommended. Each serving should be about the size of a slice of bread. Whole-grain products contain more vitamins, fiber and minerals than refined products. Whole grains include all parts of the grain kernel – the germ, bran and endosperm – not just the white flour that you find in most foods today.

Whole-wheat bread, brown rice, bran cereals and oatmeal have lots of fiber. Fiber is great for keeping your bowels regular and the colon healthy in the prevention of colon cancer.

There is a small amount of protein in the grains but if enough are eaten, part of the daily need of protein can be met. If they are your only source of protein, then they should be combined with nuts and legumes to fulfill the needs for the required essential amino acids.

Some other foods in the grain group are: bagels, corn bread, cereals (corn flakes), crackers, muffins, English muffins, plain pancakes, plain waffles, brown rice, barley, dinner rolls, spaghetti, and tortillas.

Thanks and happy eating! Remember: No grain, no gain!