Ask the Expert:
What is a whole grain food and how can we help clients get more of them in their diet?

**Expert Answer:**
Whole grain foods contain all essential parts of the grain: the bran, endosperm and germ.

Common types of whole grains include:
- Brown rice
- Oatmeal (rolled or whole oats)
- Whole wheat
- Wild rice
- Popcorn

Individuals who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases such as heart disease, cancer and diabetes. Whole grains also improve bowel function and may assist in weight management.

Clients can identify whole grain foods by looking for the words “whole grain” on the food package. It should listed as the first ingredient on the label.

You can help your clients to get more whole grain foods in their diet by suggesting:
- Whole wheat bread or rolls in place of white bread
- Brown or wild rice instead of white rice
- Whole grain cereals such as bran flakes and oatmeal instead of donuts or pastries
- Whole wheat flour instead of white flour
- Popcorn instead of other snack foods
- Whole wheat pasta instead of white enriched pasta
- Rolled oats for recipes (See insert for ideas to share)

Clients should aim to “make half their grains whole grains.” Most Americans need about 3 ounces of whole grains each day. One ounce is about 1 slice of bread or 1/2 cup of cooked pasta, rice or oatmeal.

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**Ask the expert:**
Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:
Indiana’s Food for the Hungry
700 W. State Street
West Lafayette, IN 47907
E-mail: safefood@purdue.edu

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Donated Foods: Are they safe?

Both SAFETY (whether a food is free of disease-causing bacteria and their toxins) and QUALITY (whether a food looks and smells acceptable to eat) should be kept in mind when examining donated food.

Beware of these signs that food may be UNSAFE to eat:

**Cans:**
- Too crushed to stack on shelves or open with a manual can opener
- Moderate/severe dents at the juncture of side and double (end) seams
- Rust pits severe enough to pierce the can
- Swollen or bulging ends
- Holes or punctures
- Evidence of leakage
- Missing label
- Baby food or formula past the expiration date

**Plastic Containers:**
- Damaged tamper-resistant seal
- Signs of spoilage (mold, unusual odor)

**Foods Stored in the Refrigerator:**
- Lukewarm food (above 40°F)
- Signs of spoilage (unusual odor or appearance, mold)
- Unsuitable containers that allow food to be contaminated
- Damaged tamper-resistant seals if commercially packaged.

**Foods Store in the Freezer:**
- Evidence of thawing (ice on the food or leaking).
- Unsuitable packaging that allows food to be contaminated.

**Glass Jars:**
- Home-canned instead of commercially canned
- Raised, crooked, or loosened lid
- Dirt under rim
- Cracks or chips

**Paper Cartons:**
- Torn or missing inner packaging in cartons that are slit or opened
- Evidence of insects

IF IN DOUBT, THROW IT OUT!
Don’t rely on look or smell. Foods that cause food poisoning may look fine and smell acceptable. Never taste suspicious foods!

Adapted from Oregon State University Extension
Ultra High Temperature (UHT) Milk

Ultra High Temperature (UHT) milk is fresh milk which requires no refrigeration until the container has been opened. UHT milk has been processed using a high temperature which destroys bacteria, while preserving the flavor, taste and nutritional value of the milk.

**Storage:**
- Unopened shelf stable (UHT) milk can be stored without refrigeration for 6 months in a cool, dry place.
- Once opened, keep refrigerated and use within 5 to 7 days.

**Uses and Tips:**
- Use UHT milk in cooking and baking. Also enjoy as a beverage or on cereal.

**Nutrition Information:**
- One cup of UHT milk counts towards the daily recommended intake from the milk group.
- UHT milk provides nutrients such as calcium, potassium, vitamin D and protein.
- A diet rich in milk and milk products may reduce the risk of osteoporosis, a brittle bone disease.

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**Family Style Mac N' Cheese**

**Ingredients:**
- 7 oz pkg. elbow macaroni
- 2 large eggs, beaten
- 2 cups UHT milk
- 1/8 tsp dry mustard
- 1/8 tsp cayenne pepper
- 2 cups shredded cheddar cheese
- 1 cup processed cheese spread, shredded or cubed

**Preparation:**
1. Preheat oven to 350°F. In saucepan, combine milk and cheese spread. Cook over medium-low heat, stirring frequently until cheese is melted.
2. Blend 1 1/2 cups shredded cheddar cheese and seasoning, mixing until cheese is melted. Remove from heat and cool for 5 minutes.
3. In lightly greased 2 quart baking dish, combine macaroni and eggs, mixing well. Add milk and cheese mixture until well blended. Top with remaining cheese. Bake 40 min.

**Quick Berry Smoothie**

**Ingredients:**
- 4 1/2 cups ice cubes
- 2 cups UHT milk
- 1/3 cup white sugar
- 2 cups frozen mixed berries
- 1 tsp. vanilla extract

**Preparation:**
1. Fill the blender 3/4 full of ice cubes.
2. Pour in the milk, sugar, berries, and vanilla.
3. Blend until smooth.

Source: United States Department of Agriculture
Indiana’s Food for the Hungry website is NEW and IMPROVED!

What’s New?
The website has been recently updated. A new color scheme and user-friendly menu tabs are just a few of the exciting changes. Other updates include:

- The option to print sections or the entire Food Assistance Directory (a resource for the staff of agencies working to refer those in need of food in Indiana)
- A new search box for the website main page
- A searchable recipe section (especially for TEFAP foods)
- TEFAP information (eligibility, income criteria information)
- Newly organized resources (client choice, food safety and nutrition information)
- New and updated links

Visit: www.cfs.purdue.edu/safefood/sfhungry.html to access these resources for your organization.