

Bread, Cereal, Rice & Pasta Group
6-11 servings per day

Foods in the Bread, Cereal, Rice & Pasta Group supply B vitamins, iron, fiber, and other nutrients including protein. Preferences for foods in this group often depend on cultural background. Consider likes and dislikes when possible.

One Serving equals:

- 1 slice of bread
- 1 tortilla
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal
- 1/2 cup cooked pasta
- 1/2 cup cooked rice

Dietary Fiber

Dietary fiber is the part of whole grains, vegetables, legumes, bran, nuts and seeds that humans cannot digest. It is found ONLY in plant foods.

Fiber is helpful in preventing and treating constipation. Fiber absorbs water, making stools softer and elimination easier. It may reduce the risk of developing certain types of cancer and heart disease.

Fiber is also beneficial to your health because most foods that are high in fiber are lower in fat.



These materials are funded in part by the United States Department of Agriculture Food Stamp Nutrition Education Program, Massachusetts Emergency Food Assistance Program and UMass Extension. UMass Extension offers equal opportunity in programs and employment.

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Putting GRAINS in Your Food Guide Pyramid

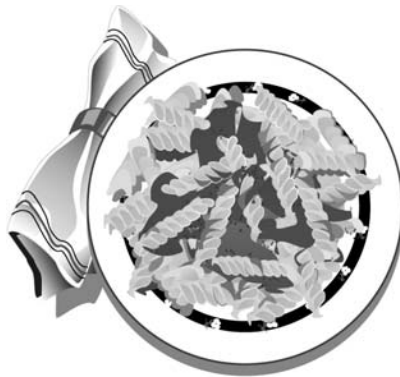
PASTA • RICE • CEREAL

Focus on Grains

Grains are a major source of energy and supply valuable vitamins and minerals with little or no fat.

Pasta

- Pasta is a staple that combines well with many other foods. Pasta is low in fat, although some sauces aren't.
- Pasta can be used to stretch more expensive food items. For example, a small amount of ground beef or turkey goes further when mixed with spaghetti sauce and served over pasta than it would if you tried to make burgers from it.
- Pasta is also a good base for leftovers. Leftover vegetables and/or meats can be combined with dressing and pasta and served cold.



Rice

- Rice is a useful staple and easy to mix with other foods. Many different rice dishes can be made by using a variety of herbs, spices, and other ingredients.



Cereal

- Cereals can be used in many ways besides serving with milk. Cereals make great toppings for casseroles, yogurt or canned fruit.
- Cold cereals make a great snack. You can create different tastes by mixing two or more different cereals together. Serve dry or with milk.
- Make your own trail mix by adding dried fruit and nuts to dry cereal.
- Top cold cereals with: fresh fruit, canned fruit, raisins, or yogurt.

MEFAP Foods available from the Bread, Cereal, Rice and Pasta Group:
Kellogg's Cereal Variety pack, Spaghetti and Long Grain Rice

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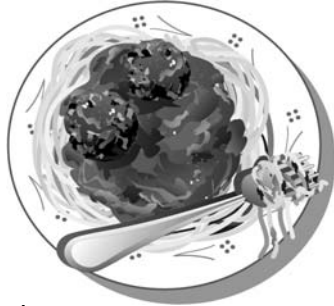
COOKING WITH GRAINS

Cooking Pasta:

Add any kind of pasta to a large pot of rapidly boiling water. You do not need to add salt or oil to the cooking water. Cooking time depends on the type of pasta; follow directions on the package. Be careful not to overcook. Overcooking makes pasta soft and unappetizing. Drain well before adding to sauce. Two ounces of dried pasta will make about 1 cup of cooked pasta. According to the Food Guide Pyramid, 1/2 cup of cooked pasta equals one serving.

Super Spaghetti "one dish meal" - Serves 4

- 1/2 pound lean ground beef or ground turkey
- 1 medium onion, chopped
- 1 green pepper, chopped or 1 cup chopped celery
- 2 garlic cloves, chopped
- 1 tsp. basil
- 1 tsp. oregano
- 3 1/2 cups tomato sauce
- 1/2 pound uncooked spaghetti



1. Brown meat in large fry pan. Drain.
2. Add onion and green pepper (or celery) and cook until soft (about 5 minutes).
3. Add tomato sauce, basil and oregano. Mix well.
4. Bring mixture to a boil, then add uncooked spaghetti.
5. Reduce heat to low, cover and cook about 15 to 20 minutes or until spaghetti is soft.

From: *More Than a Cookbook*.
St. Paul-Ramsey County Nutrition program

Tuna-Tomato Pasta - Serves 4

- 1 medium onion, peeled and chopped
- 2 tsp. vegetable oil
- 1 16 oz. can tomatoes
- 2 6.5 oz. can tuna, drained
- 1 Tbsp. oregano
- dash of pepper
- 4 cups of cooked pasta

1. Heat oil in medium-sized sauce pan.
2. Add onion and stir until slightly softened.
3. Add some juice from tomatoes, cover. Cook, stirring frequently until onions are soft.
4. Add tomatoes and stir to break up.
5. Add remaining ingredients, stir and cook for about 10 minutes to allow spices to blend.
6. Serve over cooked pasta.

Cooking Rice:

Stir one part rice and two parts rapidly boiling liquid (example: 1 cup rice stirred into 2 cups boiling water). Reduce heat and cover. Simmer for about 20 minutes or until liquid is absorbed and rice is tender. One cup of raw rice makes three cups of cooked rice. According to the Food Guide Pyramid, 1/2 cup of cooked rice equals one serving.

Stir-Fry Rice - Serves 4

- 2 tsp. vegetable oil
- 1/2 cup celery, sliced
- 1/4 cup onion, chopped
- 2 cups cooked cold rice
- 1 tsp. soy sauce or reduced sodium soy sauce
- 1/4 tsp. garlic powder
- Dash pepper

Add either of the following, if desired:

- 1 cup or more vegetables (such as peas, carrots, corn, etc.)
- 1/2 cup thinly sliced cooked meat, such as chicken, ham, pork or fish.

1. Heat oil in skillet.
2. Add celery and onion. Stir-fry until tender.
3. Add other vegetables (if desired). Continue to stir-fry, turning until tender.
4. Add rice, meat, if desired, and seasonings.
5. Stir-fry until rice is hot.



Cooking with Cereal:

- Some recipes call for crushed cereal. Crush by placing cereals in a plastic bag and smash between your hands until cereal is crumbly.
- Use crushed cereal as a coating for baked chicken or fish. Dip in milk first, then roll in crushed cereal crumbs.
- Add 1/4 to 1/2 cup crushed cereal to one pound of ground beef when making hamburgers, meatloaf or meatballs.



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