



Eat**Right** Ontario

Food Choices

When Money is Tight

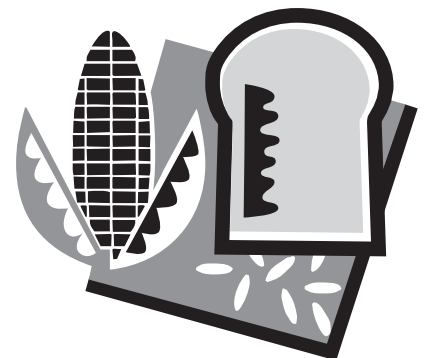
GRAIN PRODUCTS **BEST BUYS**

I know whole grain products are a healthy choice. How can I make sure I get plenty of whole grain products when money is tight?

- **Whole grain products are generally a good buy.** Choose whole grains instead of white or refined grains. Here are some examples:

Choose:	Instead of:
100% whole grain breads	White bread
Shredded wheat cereal	Rice crisps or corn flakes
Brown rice	White or instant rice
Multigrain hot cereal, cornmeal or large flake oats	Instant flavoured oatmeal
Quinoa, bulgur, barley, buckwheat	White rice or white pasta

- **Plan easy meals around whole grains.** Add meat, chicken or dried beans, peas or lentils and vegetables to brown rice, quinoa, bulgur or barley. Follow the directions on the package to help you cook whole grains.
- **Cook your own rice, pasta and other grain products.** Packaged rice and pasta mixes cost more. Packaged foods are often higher in fat and salt and lower in fibre.
- **Compare brands.** “No Name” or store brands may cost less. Buy whole grains and breads that are on sale.
- **Visit a bulk food store.** Save money by purchasing grain products such as brown rice, quinoa, bulgur, barley and cornmeal in the amounts that you need.
- **Compare nutrition labels** and choose higher fibre grain products when possible.





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My family likes breakfast cereals. What are the best buys?

- **Buy unsweetened whole grain cereals when you can.** Sweetened cereals are higher in sugar and are often lower in fibre.
- **Hot cereals like oatmeal and multigrain cereals are the best buys.** Instant flavoured hot cereals in single serving packages are easy, but they cost more and are higher in sugar and salt.
- **Add your own toppings to cereals.**

Try these ideas:

banana slices, berries, canned fruit, dried fruit (raisins, apricots, dates, dried cranberries), nuts, yogurt, applesauce, chopped apples or cinnamon

To learn more, watch EatRight Ontario videos at <http://www.eatrightontario.ca/en/videolist>.

Questions to ask your community service provider OR contact EatRight Ontario

- What is the best way to store whole grain foods?
- How do I read food labels to check for whole grains?
- How many servings of Grain Products does Canada's Food Guide recommend? What is a serving?

To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

Try these tasty meal ideas:

- Make a stir fry and serve it over brown rice.
- Toss leftover pasta with diced canned tomatoes, canned or frozen vegetables and cooked meat. Put in a casserole dish and top with grated cheese. Heat in the oven or microwave.
- Add chopped vegetables and dried fruit to quinoa, bulgur or barley and toss with oil and vinegar salad dressing.
- Add cooked brown rice or barley to soups.
- Cheese and vegetable quesadillas on whole grain tortillas.



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RECIPES

Vegetable Quinoa Salad Serves 10

1 cup	quinoa, well rinsed and drained	250 mL
2 cups	cold water	500 mL
2	tomatoes, chopped	2
2	large sprigs Italian (flat-leaf) parsley (leaves only), chopped	2
¼	English cucumber, chopped	¼
⅓ cup	chopped red, green, yellow or mixed bell peppers	75 mL

Vinaigrette

3 tbsp	vegetable oil	45 mL
2 tbsp	freshly squeezed lemon juice	25 mL
1 ½	hot pepper flakes (optional)	7 mL
½ tsp	salt	2 mL
½ tsp	freshly ground black pepper	2 mL
½ tsp	dried lavender flowers (optional)	



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1. In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.
2. Meanwhile, in a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.
3. Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), salt and pepper and lavender (if using).
4. Pour vinaigrette over salad and toss to coat.



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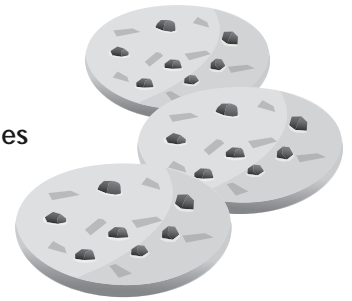
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Apple and Toasted Oatmeal Cookies Makes 1 dozen cookies

1 ½ cups	toasted quick-cooking rolled oats	375 mL
½ cup	all-purpose flour	125 mL
½ tsp	ground cinnamon	2 mL
¼ tsp	ground nutmeg	1 mL
¼ tsp	baking soda	1 mL
¼ cup	lightly packed brown sugar	60 mL
¼ cup	non-hydrogenated margarine	60 mL
1	egg	1
¼ tsp	vanilla extract	1 mL
1	apple, peeled and finely chopped	1
¼ cup	semisweet chocolate chips	60 mL



Tip:
Use a wooden spoon if you do not have an electric mixer.

1. Preheat oven to 350° F (180° C). Spread oats on a baking sheet. Bake in preheated oven for 3 minutes, flip with a spatula and bake for 3 minutes. Watch to make sure they don't burn.
2. In a large bowl combine toasted oats, flour, cinnamon, nutmeg and baking soda.
3. In a medium bowl, using an electric mixer on high speed, cream brown sugar and margarine for 1 minute or until light and fluffy. Beat in egg and vanilla until blended. Stir in oat mixture, apple, and chocolate chips.
4. Drop by tablespoonfuls (15 mL) about 2 inches (5 cm) apart on a greased baking sheet. If desired, use a floured fork to flatten slightly. Bake in preheated oven for 12 to 15 minutes or until centre of cookies springs back when lightly pressed. Transfer to a wire rack and let cool completely.

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Visit the Dietitians of Canada Web site at www.dietitians.ca/Your-Health.aspx

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