

## FACTOID 3: WHOLE FOODS & WHOLE GRAINS

Healthy Meetings Checklist Items: *Are whole grain choices available?*  
*Are whole foods (closest to the form found in nature) available?*

Offer foods in their “whole” form (closest to their form in nature). Whole grain foods offer many tasty possibilities including historical ethnic versions.

### Whole Foods

“Whole” foods can be defined as foods closest to their form in nature. For example, fresh apples are in the “whole” form nature gave us. Applesauce and apple juice are more processed, and flavored apple products may not contain any real apples. Serving whole foods can also be convenient: just wash the fruit and enjoy.

Snack example: Whole apples, whole bananas, baked pita chips, and chilled water.

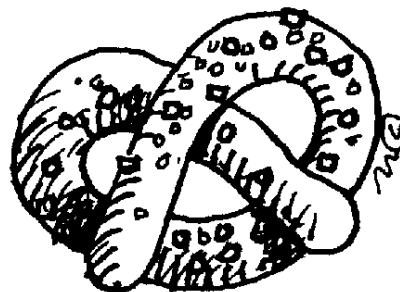
### Whole Grains

Foods made from whole grains offer many possibilities as well as nutrients and fiber. Combine them, offer them in new ways, or prepare historical ethnic recipes. Mix two or three whole grain cereals to make a trail mix, have sandwiches with two different whole grain breads, or offer whole grain tortilla rollups.

### Soft Pretzel

1 tablespoon active dry yeast  
1/2 cup lukewarm water  
1/2 teaspoon salt  
1 1/3 cups whole wheat flour  
1 teaspoon honey  
Waxed paper and extra flour

Preheat oven to 400 degrees F. Dissolve yeast in lukewarm water and let sit for 3-5 minutes or until bubbles form. Mix flour and salt together, and add to yeast mixture. Add honey, mix well, and knead several times in the bowl. Sprinkle flour on a large piece of waxed paper and knead dough on it for 6-8 minutes or until dough becomes elastic. Divide dough into 4 pieces, roll each and form into a pretzel shape or a shape of your choice. Bake for 10 to 15 minutes.



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