

# Supermarket Sense News

## Featuring The Bread, Cereal, Rice and Pasta Group

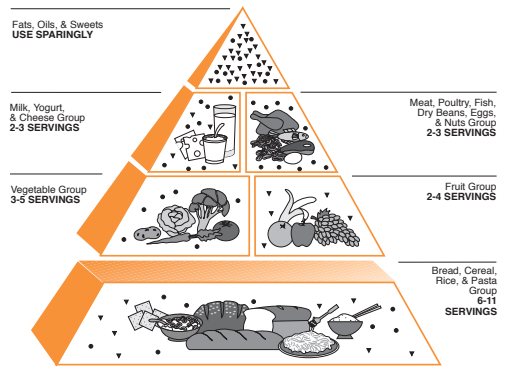
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### Food Guide Pyramid A Guide to Daily Food Choices

The Food Guide Pyramid shows a range of servings from the five major food groups. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another, and no one food group is more important

than another. For good health, you need them all. Almost everyone should eat **at least** the lowest number of servings from each group. If you are pregnant or breast feeding, try to eat the higher number of daily servings.



## What Counts as a Serving?

**Bread, Cereal, Rice and Pasta Group**  
Eat 6 to 11 servings daily



	Servings	Grams of Fat
Bread — 1 slice	1	1
Hamburger roll, bagel, English muffin — 1	2	2
Tortilla — 1	1	3
Rice, pasta, cooked — 1/2 cup	1	Trace
Plain crackers, small — 3-4	1	3
Breakfast cereal — 1 ounce	1	*
Pancakes, 4" diameter — 2	2	3
Croissant — 1 large (2 ounces)	2	12
Doughnut — 1 medium (2 ounces)	2	11
Danish — 1 medium (2 ounces)	2	13
Cake, frosted — 1/16 average	1	13
Cookies — 2 medium	1	4
Pie, fruit, 2-crust — 1/6 8" pie	2	19

\*Check product label

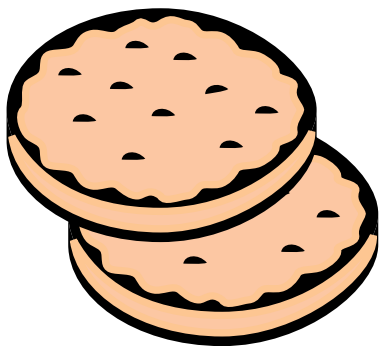
## Dietary Guidelines for Americans

- ✓ Eat a variety of foods.
- ✓ Balance the food you eat with physical activity — maintain or improve your weight.
- ✓ Choose a diet with plenty of grain products, vegetables and fruits.
- ✓ Choose a diet low in fat, saturated fat and cholesterol.
- ✓ Choose a diet moderate in sugars.
- ✓ Choose a diet moderate in salt and sodium.
- ✓ If you drink alcoholic beverages, do so in moderation.

# Enjoy!

## Grain Products

- Grain products are good for you. They have vitamins, minerals and fiber; they are low in fat and are filling. There are many kinds to choose from.
- Look for the words “whole grain” or “whole wheat” on the labels of cereals and breads. Whole grain and whole-wheat breads and cereals have more fiber.
- Are these starchy foods fattening? Many people think starchy food, such as breads, rice and pasta, are fattening — they are not. But, the butter or margarine you add can make them fattening!
- Grain products are important for your child too. Offer them small servings on small plates and let them ask for seconds.



## Use Unit Prices to Find the Best Buys

Many stores have unit prices. Using them will help you save money. Stickers showing the unit price are usually on the grocery shelf below the food.

Unit-pricing stickers may look different in every store, but they tell you the same thing:

- Name of the food.
- How much the total package costs.

- Weight of the package or size of the container.
- The unit price tells the cost for an ounce, pound, pint, quart or number in a package.

**If a store does not have unit prices, you can determine it yourself. Here is how:**

**Total price divided by weight = Unit price**

<b>Chef's Enriched Flour</b>	
<b>\$1.39</b>	<b>5 lbs.</b>
	<b>28¢ per pound</b>

### Pizza Quick and Easy

(makes 6 servings)

- 6 English muffins
- 1 1/4 ounces canned tomato sauce
- 1 1/2 cups grated mozzarella cheese
- 1 teaspoon oregano

#### Method:

1. Preheat oven to 350° F.
  2. Split English muffins into halves. Place on cookie sheet.
  3. Spoon tomato sauce on top of muffin halves. Sprinkle with oregano.
  4. Sprinkle grated cheese on each muffin half.
  5. Bake for 6 to 8 minutes.
- Optional: Sprinkle chopped onion, chopped green pepper or grated carrots on tomato sauce before adding grated cheese.

# One-Pot Macaroni & Cheese

## Ingredients:

(makes 9 servings)

- 8 ounces (about 2 cups) dry macaroni
- 2 cups skim milk
- 1 1/2 Tablespoons cornstarch
- 1/4 teaspoon pepper
- 1/2 teaspoon mustard
- 1/4 teaspoon paprika
- 8 ounces reduced-fat cheddar cheese, grated
- 2 green onions

## Method:

1. Cook macaroni according to package directions.
2. While macaroni is cooking, combine milk, cornstarch, pepper, mustard and paprika and mix well.
3. When macaroni is tender, drain it and return it to pan.
4. Add milk and stir gently over medium heat until sauce thickens.

# How to cook PASTA

Bring water to a boil.

Add pasta.

Stir during the first few minutes of cooking to keep pasta from sticking together.

Cook in gently boiling water to a standard called al dente (to the tooth). This expression means the pasta should have some “bite” to it when bitten. To test, remove one piece of pasta from the boiling water to a saucer or plate. Then take a bite of it. The pasta should be tender but firm.

Time required for cooking depends on shape, size, degree of moisture and type of ingredients. Read label for suggested cooking time.

Once cooked, the pasta should be immediately drained in a colander or strainer.

Tips: Adding a small amount of oil to the cooking water or tossing the cooked pasta with a tablespoon of oil will prevent stickiness.

To reheat pasta, place in colander over hot, steaming water.

Pasta should double in size as it cooks. It should be tender and firm not mushy or matted.

## HOW MUCH PASTA? HOW MUCH RICE?

Because dry pasta and rice cook to a larger volume, use these general guidelines when deciding how much to buy.

Pasta	Uncooked	Equals Cooked
egg noodles	8 ounces (2 cups)	4 cups
spaghetti, fettuccine, other long shapes	8 ounces (1 1/2 in. diameter bunch)	4 cups
macaroni, shells, bow ties, penne other small to medium shapes	8 ounces (2 cups)	4 cups
brown rice	1/2 pound (1 1/4 cups)	4 1/3 cups
white rice	1/2 pound (1 1/4 cups)	3 3/4 cups
converted white rice	7 ounces (1 cup)	3 1/2 cups
instant white rice	8 ounces (2 cups)	4 cups



# How to Cook Rice

How much water to use for each cup of rice.

long grain	1 3/4 - 2 cups of water
medium and short grain	1 1/2 cups water
brown rice	1 - 2 1/2 cups water

Add rice, salt (1/2 teaspoon) and butter or margarine (1 tablespoon) to cold water. Cover and bring to a boil. Lower heat and simmer for 15-20 minutes. Brown rice may take longer. Read label for suggestions on length of cooking time.

Tip: Most long grain types of rice tend to cook dry and fluffy. Short grain rice tends to be moist and sticky when cooked. If beef or chicken broth is used as the liquid, it becomes pilaf.

Brown rice is the whole kernel with only the outer husk removed. Brown rice is crunchy and has a slightly nutty flavor. Quick-cooking rice is precooked then dried. This helps the rice quickly absorb the water so it can cook quickly.

Converted rice has been steeped in warm or hot water, drained, steamed under pressure and dried before it is hulled and milled. This process causes vitamins and minerals present in the outer coats to move into the kernel of the rice.

Wild rice is not rice but the long brownish-black grain of a reed-like water plant. It is hulled, but not milled.



TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM

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## 7 Ways to Save Money

- Plan meals ahead for a week or more.
- Check the store ads to find store specials.
- Make a grocery list and stick to it.
- Shop alone as often as you can.
- Eat before you go shopping.
- Use coupons for items that you need and will use.
- Compare prices. Use unit pricing to find out how much a product costs per ounce or pound.

Visit the Agricultural Extension Web Site at: <http://www.utextension.utk.edu/>

## Savvy Shopper Checklist

Most people have a routine when shopping for food. Check the boxes below that best describe what you do before, during and after each trip to the supermarket. Small changes in your shopping habits may make it easier to prepare meals.

### Before Shopping |

- ✓ Check to see what foods I have at home.
- ✓ Plan meals to include a variety of foods from each of the major food groups.
- ✓ Make a shopping list.
- ✓ Use coupons for items I need.

### While Shopping |

- ✓ Read labels to help select nutritious foods.
- ✓ Watch for "sell by" or "use by" information to assure quality and freshness.
- ✓ Use cost-per-serving to compare prices.

### After Shopping |

- ✓ Store foods quickly and properly to maintain their nutritive value and avoid spoilage and waste.

Hardly Ever

Sometimes

Most of the Time

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For further information on Shopping Smart contact your local Extension office.

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