

Five ways to get more whole grains into your diet

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- Millet.
- Oats.
- Quinoa.
- Rye.

Oatmeal is an obvious choice for breakfast. But try steel-cut oats, which are less refined than rolled oats. Or shake up your morning routine by cooking up grits or buckwheat for your hot cereal.

Cooked [barley](#), besides being a tasty side dish, can make a hearty addition to your favorite vegetable soup for a satisfying lunch or dinner. Be sure to make enough barley to sprinkle what's left over onto your next salad.

Build dinner around a serving of polenta or quinoa-pasta topped with sauteed vegetables.

Vary your favorite recipes simply by making whole grain substitutions. Instead of making a risotto or a pilaf side dish with [white rice](#), try using buckwheat, millet, couscous or polenta as the grain. Whichever one you use will take on the flavors of the other ingredients in the recipe.

(HealthDay)—Making the switch to whole wheat bread and whole wheat pasta are good ways to get more unrefined grains (and needed fiber) into your diet.

But there's a long—and delicious—list of other whole [grains](#) to add to your meals throughout the day. In fact, because even though whole wheat is still processed (though not to the extent as [white flour](#)), some of the older, minimally processed grains that have come back into vogue are even better choices.

Great Grains:

- Amaranth.
- Barley.
- Brown rice.
- Buckwheat (kasha).
- Bulgur.
- Cornmeal (grits, polenta).
- Couscous.
- Farro.

Note that many grains cook in little time, but you might find it handy to make a large batch once or twice a week. The cooked grains will keep for up to 4 days in the fridge to use as you like.

More information: The Oldways Whole Grains Council has much more on [whole grains](#), including cooking times.

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