



## GRAINS: GROUNDWORK OF GOOD NUTRITION



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There has been much confusion as to the roll of carbohydrates in the diet and we have realized that not all carbs are created equal. Whole grains lower your risk of coronary heart disease, stroke, diabetes, obesity, certain cancers and osteoporosis. Whole grains are complex-carbs, and these will fill you up fast and not make you fat. Don't be fooled by products labeled "multi grain", "heartly grain", and "nutri grain" which may contain fillers and additives like soy flour.

A whole grain, whether oats, barley, wheat, to mention a few, contain every part of the three true grain layers: bran, which is the fiber-rich outer layer; the endosperm, the middle carbohydrate layer; and the germ layer which holds the nutrients. During the refinement process the bran and germ layer is removed along with other natural nutrients. It is the "synergy" of these three layers together that makes up whole grains.

Note that the refined white flours are stripped of the natural nutrients then "enriched/fortified" with other nutrients. See wheatfoods.org for additional information.

There are a few things to keep in mind when using whole grains: store in airtight containers in the refrigerator; rinse well in cold water before cooking; soak whole grains before cooking to reduce cooking time; and cooked grains only keep 2-3 days in the refrigerator, but will freeze well.

Next time you are looking for an alternative to rice or potatoes, try some of the "exotic" grains like barley, millet, amaranth, spelt

and quinoa as side dishes or added to soups, stews or stuffing's, meatballs or even meat loaf.

### The Exotic Grains

Barley is a wonderfully versatile cereal grain with a rich nutlike flavor and an appealing chewy, pasta-like consistency, the result of its gluten content. Its appearance resembles wheat berries, although it is slightly lighter in color. Sprouted barley is naturally high in maltose, a sugar that serves as the basis for both malt syrup sweetener and when fermented, as an ingredient in beer and other alcoholic beverages.

The most popular forms of barley, which can be found in the market are: hulled barley - features a superior nutritional content compared to other forms of barley; pearl barley - the whole barley grain has been intensely milled which results in the removal its fiber-rich bran layer; and barley grits - this has been toasted and cracked and is similar in appearance to bulgar.

Like all grains, before cooking barley, rinse it thoroughly under running water. After rinsing, add one part barley to three and a half parts boiling water or broth. After the liquid has returned to a boil, turn down the heat, cover and simmer. Pearled barley should be simmered for about one hour, while hulled barley should be cooked for about 90 minutes.

### Nutritional Profile

Barley is a very good source of fiber (8 grams in ¼ cup serving) and selenium. It also serves as a good source of the minerals phosphorous, copper and manganese.

Spelt is an ancient grain with a deep nutlike flavor also that has recently received renewed recognition. It is a distant cousin to wheat, and can be used in many of the same ways as wheat - bread and pasta making. In addition to spelt flour, spelt is also available in its hulled, whole grain form (often referred to as spelt berries), which can be prepared and enjoyed like rice. Spelt is also known as farro and used in Italian cooking. Contrary to popular belief, spelt is a wheat containing gluten and is not recommended for those with Celiac disease.

## CHEF'S RECIPES

### Whole Wheat Chocolate Cake

24 servings (great for holidays)

2 ½ cups whole wheat flour  
1 cup sugar  
2 teaspoons cinnamon  
¼ cup cocoa  
1 cup water

½ cup canola oil  
1 ½ teaspoons baking soda  
1 cup buttermilk  
2 large eggs, beaten  
1 teaspoon vanilla

Mix flour, sugar and cinnamon together in a large bowl. Bring cocoa, water and oil to a boil. Pour over mixture and mix 1 minute, scraping bowl. Dissolve baking soda in buttermilk, adding to mixture in bowl along with eggs and vanilla. Mix an additional 2 minutes. Pour into greased and floured 10 x 15 pan. Bake 20 minutes at 350 degrees F.

### Icing

½ cup butter  
3-4 tablespoons of milk  
3 cups confectioner's sugar

1 teaspoon vanilla  
1 cup flake coconut

In a saucepan, melt butter, add milk and heat. Remove from heat and add sugar and vanilla, stir vigorously until smooth and glossy. Add more milk only if frosting isn't fluid. Spread over slightly warm sheet cake and sprinkle with coconut.

### Nutritional Profile

Spelt is an excellent source of vitamin B2. It is also a very good source of manganese and a good source of thiamin, niacin and copper. It contains 8 of the essential amino acids and is naturally high in fiber.

Millet is another grain that is most like quinoa and tends to taste like natural rice with a delicate mildly sweet flavor. It is also one of the main ingredients in birdseed, but is not only "for the birds". This delicious grain whose consistency varies depending upon cooking method, can be creamy like mashed potatoes or fluffy like rice. Additionally, since

millet does not contain gluten, it is a wonderful grain alternative for people who are gluten-sensitive.

Millet is tiny in size and round in shape and can vary in color from white to gray to yellow to red. The most widely available form of millet found in stores is the pearled, hulled type, although oftentimes you may be able to find traditional couscous, which is made from cracked millet.

Like all grains, before cooking millet, rinse it thoroughly under running water. After rinsing, add one part millet to two and a half parts boiling water or broth. After the liquid has returned to a boil, turn down the heat, cover and simmer for about 20 minutes. The texture of millet cooked this way will

be fluffy like rice. If you want the millet to have a more creamy consistency, stir it frequently adding a little water every now and then. Try roasting the grains before boiling to give a nuttier flavor.

### Nutritional Profile

Millet is a good source of the minerals phosphorous, manganese and magnesium and has 1.5 grams of fiber per ¼ cup. Note: Millet contain goitrogens, naturally-occurring substances in certain foods that can interfere with the functioning of the thyroid gland. Individuals with already existing and untreated thyroid problems may want to avoid millet for this reason.

Amaranth is used in various cultures in some very interesting ways. Since 1975 amaranth has been gaining support in the U.S. and is now grown in Colorado, Illinois, Nebraska, and other states, but is still not a mainstream food. It is found in many natural food stores and the flour is often used in baked goods.

Amaranth is a bushy plant that grows 5 to 7 feet, with broad leaves. The seeds are tiny (1/32"), lens shaped, and are a golden to creamy tan color, sprinkled with

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some occasional dark colored seeds.

Amaranth can be cooked as a cereal, ground into flour, popped like popcorn, sprouted, or toasted. The seeds can be cooked with other whole grains, added to stir-fry or to soups and stews as a nutrient dense thickening agent. To cook amaranth boil 1 cup seeds in 2-1/2 cups liquid such as water or half water and half stock or apple juice until seeds are tender, about 18 to 20 minutes. Amaranth has a "sticky" texture that contrasts with

the fluffier texture of most grains and care should be taken not to overcook it as it can become "gummy." Amaranth flavor is mild, sweet, nutty, and malt like, with a variance in flavor according to the variety being used.

### Nutritional Profile

Amaranth seed is high in protein (15-18%) and contains respectable amounts of lysine and methionine, two essential amino acids that are not frequently found in grains. It is high in fiber (7.4 grams per 1/4 cup) and contains calcium, iron, potassium, phosphorus, and vitamins A and C.

The fiber content of amaranth is three times that of wheat and its iron content, five times more than wheat. It contains two times more calcium than milk. Using amaranth in combination with wheat, corn or brown rice results in a complete protein as high in food value as fish, red meat or poultry. Amaranth also contains tocotrienols (a form of vitamin E) which have cholesterol-lowering activity in humans.

### More Facts:

- White flour is the finely ground endosperm of the wheat kernel.

- One cup of self-rising flour contains 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt.

- Any recipe calling for all-purpose flour may use 1/2 whole wheat flour and 1/2 all-purpose flour

- Substitute 1 cup whole-wheat flour minus 1 tablespoon for every cup of all-purpose or bread flour to achieve 100% whole wheat flour.

- Sources of soluble fiber include oatmeal, oat bran, barley, dried beans, and citrus fruits

- Sources of insoluble fiber include wheat bran, whole grain cereals, fruit and vegetable skins.

- Recommended amount of

dietary fiber for adults per day is 20 to 35 grams.

- Popcorn is a great whole-grain snack. Stay away from microwave bags (which contain harmful perfluorooctanoic acid (PFOA). Air-pop natural/organic popcorn instead.

Bon Appétit!  
Jacqui

**Jacqui's Culinary Capers**  
Personal Chef/  
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*Sources: Wheat Foods Council  
Super Foods by Steven Pratt*

## Depression . . . Continued from page 23

### Depression, insomnia, anxiety and brain chemistry

Of the 8 prescription medications our new patient was taking, 4 were for depression and anxiety. While often effective at managing the symptoms, these drugs don't necessarily get to the root of the problem and can have undesirable side effects.

Many women who experience depression, insomnia and anxiety may suffer from some form of a neurotransmitter imbalance. These are the brain chemicals used to relay messages that not only tell our hearts to beat and lungs to breathe, but also regulate our mood, appetite and reaction to stress. However, many women suffer from health problems related to neurotransmitter imbalances because they don't produce enough

or the right kind, which can result in symptoms such as:

- Depression
- Fatigue
- ADD/ADHD
- Moodiness
- Weight Control
- Insomnia
- Anxiety
- Migraines

Rather than use synthetic drugs that provide temporary relief by working with existing neurotransmitter supplies, another alternative is to provide the body with an increased supply of the raw ingredients, usually amino acids, to make neurotransmitters. Increasing the supply of amino acids helps the body to synthesize its own supply of transmitters, leading to more balanced neurotransmitter levels. Knowing which amino acids are the right fit for which symptoms can be a challenge, however innov-

ative new testing techniques can help address the biochemical needs of individual patients.

At Custom Medicine, we interpret the results from a simple urine and/or saliva test of up to nine neurotransmitters and their building blocks (known as precursors), and work with each patient to develop an individualized therapy plan. Rather than using synthetic prescription drugs, the plan uses pharmaceutical-grade nutritional supplements that provide a individualized combination of amino acids, vitamins, and minerals to help increase your body's production and supply of neurotransmitters. The right balances of neurotransmitters can set the stage for restoring healthy brain signals and help you feel like yourself again. Test kits and consult appointments are available right in the pharmacy, so stop in or call for more information on how to get started.