

Making America Organic...One Home At a Time!



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Whole Grains Easiest Food Guideline To Follow

Go ahead, have a piece of bread. Have three. Make it whole-grain, and you'll be following government advice for eating right.

Three servings of whole grains each day will reduce your risk of heart disease and type 2 diabetes. It doesn't have to be bread. Brown or wild rice, oatmeal, cold cereal flakes, popcorn -- without the salt and butter -- and even trail mix will do.

Of all the new advice in the government's new dietary guidelines, eating enough whole grains may prove the easiest.

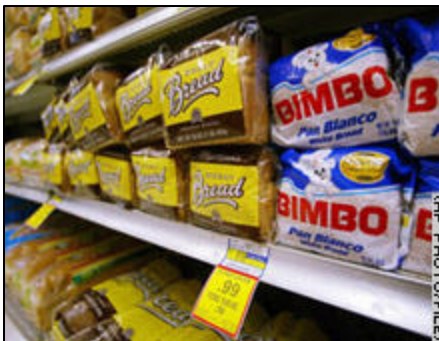
But if eating whole grains is so easy, then why aren't people doing it now? Most Americans are eating one serving or less each day, according to the Agriculture Department.

One reason may be that a little sleuthing is needed to figure out which foods have whole grains.

Just because a bread slice is dark, or a cracker looks grainy, doesn't mean the whole grain is there. They could be darkened by molasses or other coloring.

You need to look on the ingredient list to make sure you've got whole grains. The words "whole" or "whole grain" should come before the grain ingredient. And that should be the very first thing listed.

Food companies are trying to make it easier. General Mills Inc. last year converted all its breakfast cereals to whole grain and now puts a big "Whole Grain" logo on the front of the box.



Some companies are using a black-and-gold label shaped like a postage stamp for identifying products that contain whole grains. Bruegger's Bagels, Kashi, Gardenburger and Snyder's of Hanover are among those using the stamp, which was developed by Oldways Preservation Trust, a Boston-based think tank that specializes in food issues.

Once purchased, eat three ounce-equivalents a day. It's not hard to do. These measurements equal about an ounce:

- A half-cup of cooked cereal, rice or pasta.
- A slice of bread.
- 1 cup of cold cereal flakes.
- An ounce of dry pasta or rice.

"If you have a cereal high in whole grains, and you have a sandwich with whole grain bread for lunch, you can get your number of servings right there," said Joanne Lupton, a Texas A&M University nutrition professor who helped write the guidelines.

Mark Andon, technical director for nutrition at Quaker, said a cup of oatmeal for breakfast counts as two servings of whole grains.

"When you think about a snack, think about trail mix. It's not weird food," said K. Dun Gifford, president of Oldways.

This effort may seem to contradict the thinking behind popular low-carb diets such as Atkins and South Beach. But while both

(Continued on page 2)

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Harvest Blend Regular

- Broccoli Crowns
- Purple Carrots
- Collards
- Fennel
- Green Leaf Lettuce
- Yellow Onions
- Tomatoes
- Zucchini
- Valencia Oranges
- Cameo Apples
- Kiwi
- Bananas
- Red Bartlett Pears

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

Organic Chicken Coming Soon!

Due to some extremely popular demand, we'll soon be offering organic chicken along with our existing options.

Bushman Farms in Iowa is a certified organic farm, owned by the Amish community, and we'll be offering their chicken legs (in 10# bags), as well as boneless skinless breasts and whole chickens.

Watch the web site for details!

Route Changes

Yes, we've finally made our route changes. Starting this week, we've moved a portion of our Tuesday and Thursday customers to a new Wednesday route.

We appreciate everyone's helpful attitude during the changeover period. Thanks from all of us at Orlando Organics!