

# Health & Nutrition Sciences

## Eating More Whole Grains on a Budget

Over the last 10 years Americans have slightly increased whole grains in their diet but it is not enough: most Americans consume less than half the recommended amounts of whole grains each day.<sup>1,2</sup>



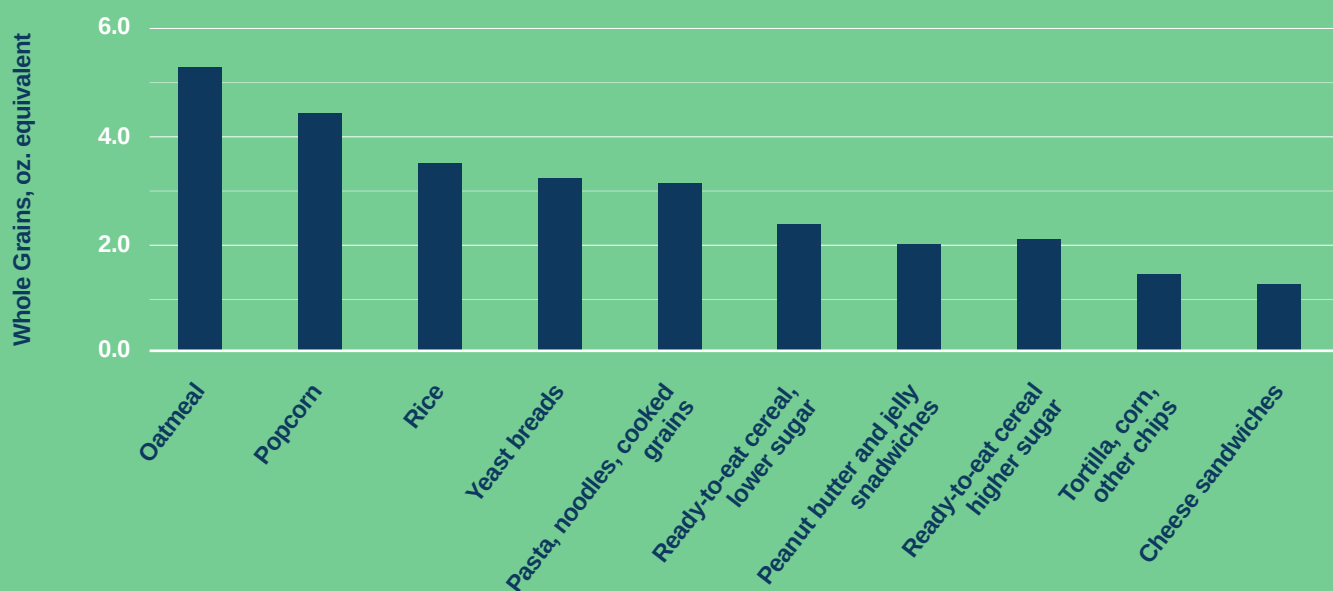
### High Cost of Whole Grain Foods



About 98% of Americans do not meet daily whole grain recommendations (3-4 ounce equivalents). One barrier to increasing consumption is the high cost of whole grains compared to other foods.<sup>1</sup> Identifying the most cost-effective whole grain foods can help people shop smarter and get closer to meeting recommended whole grain amounts.

A PepsiCo funded study was completed to find the least expensive whole grain foods per dollar spent in the United States. Data was taken from NHANES to see what foods and beverages Americans consume that contribute to whole grains and other food groups. These foods were then ranked from least expensive to most expensive.

### Top Cost-Effective Contributors to Whole Grains<sup>3</sup>



 Whole Grains per Dollar

# Health & Nutrition Sciences

Turns out, oatmeal is the most cost-effective source of whole grains followed by popcorn, rice, and yeast breads.

Since oatmeal also contains important micronutrients (magnesium, iron, zinc and vitamin A) it is a smart AND cost-savvy choice to increase whole grains in your clients' diets. Visit [choosemyplate.gov](http://choosemyplate.gov) for additional tools and resources as you work with clients to meet their individual goals.



## How Can You Get More Oatmeal into Your Diet?

Here are two recipes to help you inspire people to think about oatmeal in a new way.

### Apple Cinnamon Overnight Oats

#### Ingredients:

- 1/2 cup Quaker® Oats
- 1/2 cup nonfat or low-fat milk
- 1/4 cup plain, nonfat or low-fat yogurt
- 1/2 cup apple, chopped
- 1/8 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds

#### Cooking Instructions:

Add Quaker® Oats to your container of choice and pour in milk and yogurt. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds. Place in fridge and enjoy in the morning or a few hours later! Let steep for at least 8 hours in a refrigerator 40° F or colder. Best to eat within 24 hours.

For nutrition information please go to: <https://www.quakeroats.com/cooking-and-recipes/apple-cinnamon-overnight-oats>



### Hearty Banana Oat Pancakes

#### Ingredients:

- 2 large ripe bananas, peeled and sliced
- 1 tablespoon(s) granulated sugar
- 1 cup(s) all-purpose flour
- 1/2 cup(s) Quaker® Oats (quick or old fashioned, uncooked)
- 1 tablespoon(s) baking powder
- 1/4 teaspoon(s) ground cinnamon
- 1/4 teaspoon(s) salt (optional)
- 1 cup(s) nonfat or low-fat milk
- 1 egg, lightly beaten
- 2 tablespoon(s) vegetable oil
- banana slices (optional)
- coarsely chopped walnuts or pecans (optional)

#### Cooking Instructions:

In medium bowl, combine banana slices and sugar; stir to coat slices with sugar. Set aside. In large bowl, combine flour, oats, baking powder, cinnamon and salt; mix well. In medium bowl, combine milk, egg and oil; blend well. Add to dry ingredients all at once; mix just until dry ingredients are moistened. (Do not overmix.) Heat griddle over medium-high heat (or preheat electric skillet or griddle to 375°F). Lightly grease griddle. For each pancake, pour scant 1/4 cup batter onto hot griddle. Top with four or five banana slices. Turn pancakes when tops are covered with bubbles and edges look cooked. Serve with warm syrup and, if desired, additional banana slices and nuts.

For nutrition information please go to: <https://www.quakeroats.com/cooking-and-recipes/favorite-oatmeal-pancakes>



#### References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](http://DietaryGuidelines.gov).
2. Ahluwalia N et al. (2019) Contribution of whole grains to total grains intake among adults aged 20 and over: United States, 2013-2016. NCHS Data Brief. 341. <https://www.cdc.gov/nchs/data/databriefs/db341-h.pdf>
3. Brauchla M, Fulgoni VL. (2021) Cost-effective options for increasing consumption of under-consumed food groups and nutrients in the United States. Pub Health Nutr. Feb 8:1-8.