

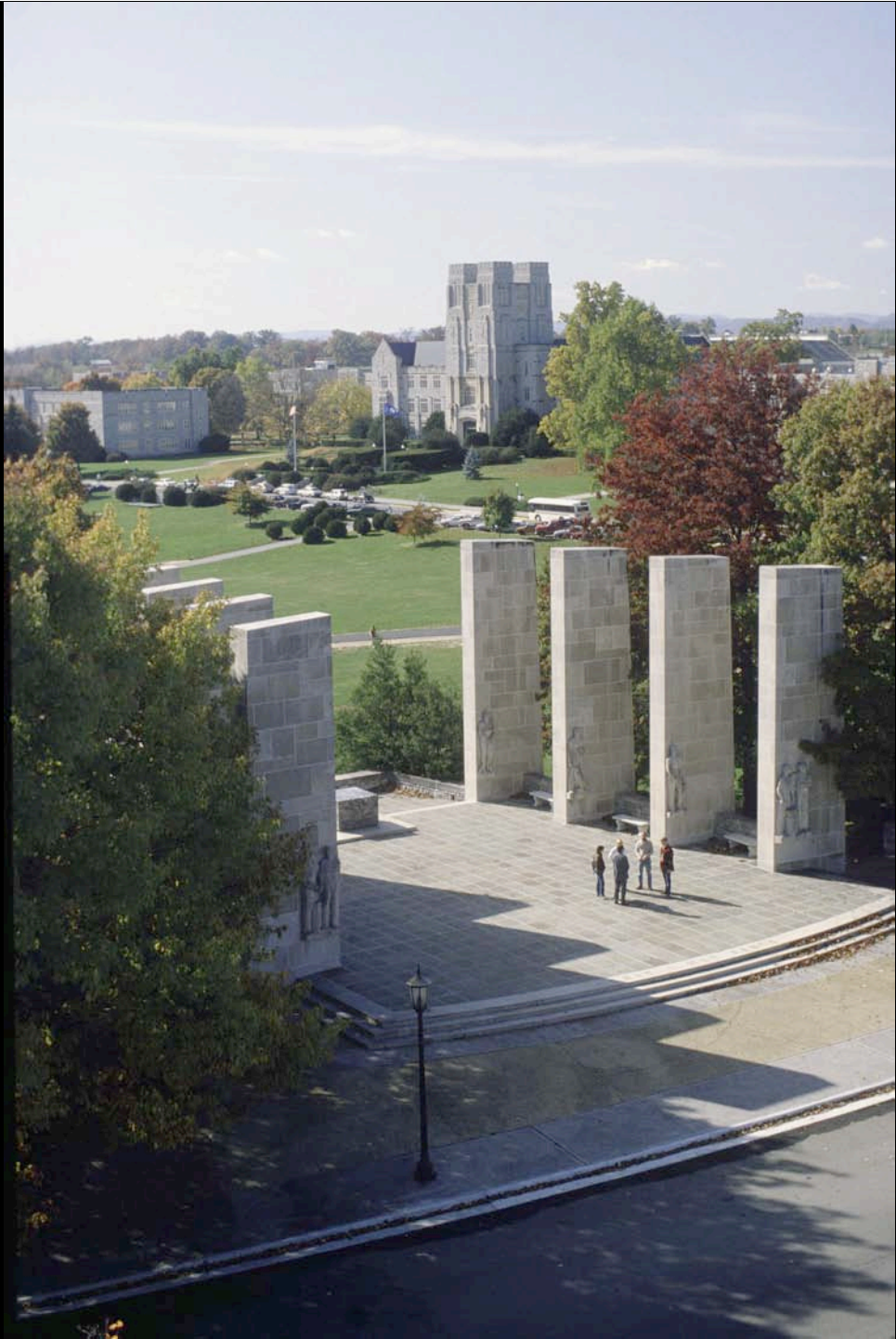
Virginia Tech

Whole Grain Boot Camp

Presented by: Carolyn Bess
Food Production Manager, D2



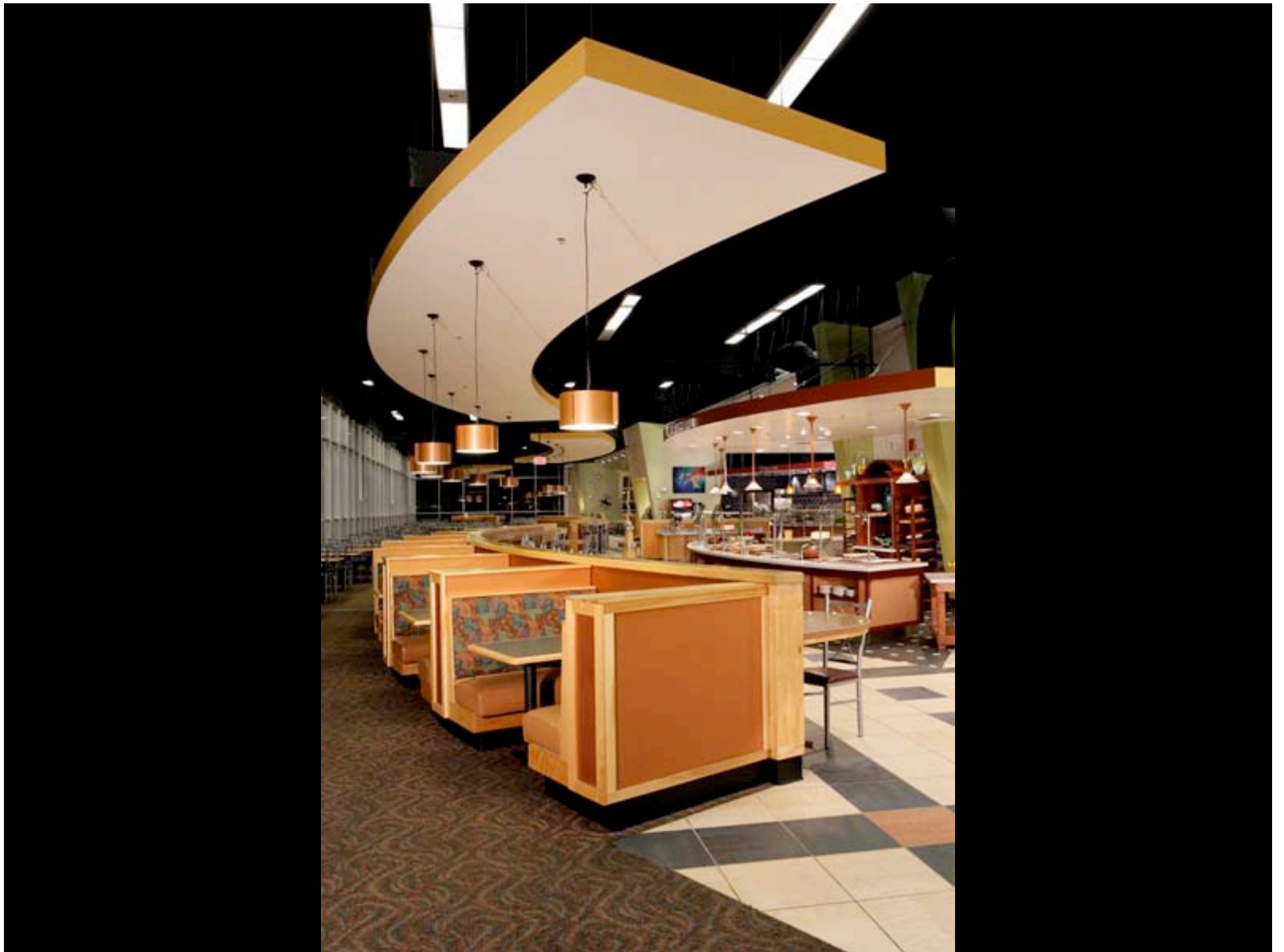








Virginia Tech Dining Services serves more than
five million meals each year



LA PÂTISSERIE















WHITE PIZZA WITH WHOLE WHEAT CRUST

Whole grains included: **Wheat**

Whole grains are an important source of selenium, which protects cells from oxidation and is also important for a healthy immune system.

Nutrient information	Serving size: 1 slice
Calories	257
Fat	11 grams
Protein	12 grams
Carbs	28 grams
Fiber	3 grams



WHOLE GRAIN ROCKS!

















Colonel Grain











Feedback Cards


Would you choose this option again? yes no

What whole grain items would you like to see on future menus?
 whole grain pasta
 whole grain rolls/breads
 whole grain desserts

Additional Comments *This is a great idea!
 Please keep doing it!*

Submit this completed card for a chance to win a Diamondback Wildwood Citi bike!
 We welcome feedback from all of our conference guests, however, the contest is open to current Virginia Tech students only.

Name: *Caissa Edens*
 Phone Number: *(703) 618-4342*
 E-mail address: *cedens@vt.edu*




★ WHOLE GRAIN BOOT CAMP FEEDBACK

Please use a separate card to rate each whole grain item sampled.

Which whole grain option did you choose? *All I Love Colonel Grain*

Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent.

Taste	1	2	3	4	5	6	7	8	9	10
Visual appeal	1	2	3	4	5	6	7	8	9	10
Aroma	1	2	3	4	5	6	7	8	9	10
Nutritional content	1	2	3	4	5	6	7	8	9	10
Overall	1	2	3	4	5	6	7	8	9	10



Colonel Grain


Would you choose this option again? yes no

What whole grain items would you like to see on future menus?
 - pastas

Additional Comments *- effective campaign!
 - Col. Grain is the man.*

Submit this completed card for a chance to win a Diamondback Wildwood Citi bike!
 We welcome feedback from all of our conference guests, however, the contest is open to current Virginia Tech students only.

Name: *bobby west*
 Phone Number: *540-449-5758*
 E-mail address: *westb@vt.edu*




★ WHOLE GRAIN BOOT CAMP FEEDBACK

Please use a separate card to rate each whole grain item sampled.

Which whole grain option did you choose? *(Fruit Cobbler)
 Cherry Cobbler*


Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent.

Taste	1	2	3	4	5	6	7	8	9	10
Visual appeal	1	2	3	4	5	6	7	8	9	10
Aroma	1	2	3	4	5	6	7	8	9	10
Nutritional content	1	2	3	4	5	6	7	8	9	10
Overall	1	2	3	4	5	6	7	8	9	10



Colonel Grain

Feedback Cards


 **WHOLE GRAIN
BOOT CAMP FEEDBACK**

Please use a separate card to rate each whole grain item sampled.

Which whole grain option did you choose? brown rice (spanish)

Rate each category on a scale of 1-10, with 1 being poor and 10 being excellent.

Taste	1	2	3	4	5	6	7	8	9	10
Visual appeal	1	2	3	4	5	6	7	8	9	10
Aroma	1	2	3	4	5	6	7	8	9	10
Nutritional content	1	2	3	4	5	6	7	8	9	10
Overall	1	2	3	4	5	6	7	8	9	10


Colonel Grain

Would you choose this option again? yes no

What whole grain items would you like to see on future menus?
I really, really like the
pizza. Keep it on the menu.


Additional Comments _____

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Name: Kristin Ross

Phone Number: 540-230-2444

E-mail address: kross@vt.edu

 STUDENT PROGRAMS
DIVISION OF STUDENT AFFAIRS



Whole Grain Offerings Today

Thursday, July 19, 2007

Nature Valley Low-Fat Fruit Granola Cereal

Lucky Charms Cereal

Honey Nut Toasted Oats Cereal

Raisin Bran Cereal

Corn Flakes Cereal

Crispy Rice Cereal

Oatmeal

Kamut Cereal

Homemade Sliced Whole Wheat Bread

Whole Grain Sliced Bread

Spanish Brown Rice

Steamed Brown Rice (Olives)

Whole Wheat White Pizza (Olives)

Whole Wheat Spaghetti Bolognese (Olives)

Whole Wheat Pita Bread

Quinoa Berry Salad (Olives)

Fried Brown Rice with Tofu (Olives)

Polenta

Whole Wheat Pepperoni Pizza

Preacher Cookies

Fruit Cobbler of the Day

Whole Wheat Crepes


Whole Wheat Cinnamon Raisin Bread

Sunflower Bread

8 Whole Grain Rolls

Sunshine Granola

Menu Item Cards




HOMEMADE WHOLE WHEAT BREAD

Whole grains included: **Wheat**


Eating at least three servings a day of whole grains may help with weight management.

Nutrition information:

Serving size	1 slice
Calories	114
Fat	2 grams
Protein	4 grams
Carbs	22 grams
Fiber	2 grams



WHOLE GRAIN BOOT CAMP





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Nutrition information:

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Fiber	3 grams



WHOLE GRAIN BOOT CAMP

Table Cards

WHOLE GRAIN BOOT CAMP

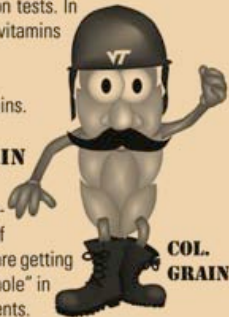
Take a look at the type of carbs you normally eat. How many are whole grains? If you're not eating very many, you may want to think about making some changes to include more whole grains. Not only do whole grains contain good sources of dietary fiber, but they also provide significant phytochemicals and antioxidants that help the body fight disease. In addition, research supports that whole grains reduce the risk of heart disease and certain cancers.

The foundation of a nutritious diet begins with grain products—cereal, rice, bread, and pasta. These foods are typically low in fat, saturated fat, and cholesterol. Whole grains are a good source of energy for vital functions, including your ability to recall information on tests. In addition, whole grains provide essential vitamins and minerals.

Now you have the whole story on whole grains.

HOW DO YOU GET WHOLE GRAIN GOODNESS?

MyPyramid (www.mypyramid.gov) recommends that adults eat at least 3 ounces of whole grain foods every day. To be sure you are getting whole grain goodness, look for the word "whole" in front of the grain name in the list of ingredients.



TIPS TO HELP YOU GET MORE WHOLE GRAINS EACH DAY:

- Look for foods that list a whole grain as the first ingredient. Some whole grain ingredients to look for include: whole wheat, whole barley, whole oats, cracked wheat, graham flour, and whole cornmeal.
- Make a habit of requesting whole wheat bread or rolls and brown rice as meal accompaniments when you eat out.
- Have a whole grain cereal, such as oatmeal, for breakfast.
- Stock your pantry with whole grain staples: brown rice, low-fat whole-wheat crackers, cereal, breads, and rolls.

Look for the whole grain logo in D2 throughout the month and on restaurant menus to identify whole grain selections.



Look for these stamps printed on packages to find whole grain products in stores.



yes@vt.edu
www.studentprograms.vt.edu/yes





