



What Foods are Included in This Group?

Any food that is made from wheat, rice, oats, cornmeal, barley, and other cereal grains.

Common examples include: Bread, cereal, pasta and rice.

How Much Grains Do I Need?

An average older adult needs about 5-7 ounces a day.

At least half of those grains should be whole



1. Try 100% whole-grain snack crackers.
2. Consume foods fortified with vitamin B12, such as fortified cereals.
3. Try rolled oats or crushed unsweetened cereal when breading chicken, fish and vegetables.
4. Try brown rice instead of white rice. Whole grains add a longer fullness so we actually eat and snack less

EXERCISE ACTIVITY

Knee Curl



Walking and climbing stairs are easier when you do both the **Knee Curl** and **Leg Straightening** exercises. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance.**)

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.



As you progress, you may want to add ankle weights.

RECIPE FOR THE MONTH

CINNAMON OATMEAL PANCAKES

MAKES ABOUT 10 SERVINGS

Ingredients

- 1 ½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1 ½ cups cooked oats
- ½ cup evaporated milk
- ¼ cup water
- Nonstick cooking spray

Directions

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

Nutritional Information for 1 serving (about 2 pancakes) of Cinnamon Oatmeal Pancakes							
Calories	120	Cholesterol	25 mg	Sugar	0 g	Vitamin C	0 mg
Calories from Fat	20	Sodium	190 mg	Protein	4 g	Calcium	77 mg
Total Fat	2 g	Total Carbohydrate	20 g	Vitamin A	21 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	1 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook