

SENIOR NUTRITION NEWS

Eat Smart Idaho

September 2026

September is Whole Grains Month

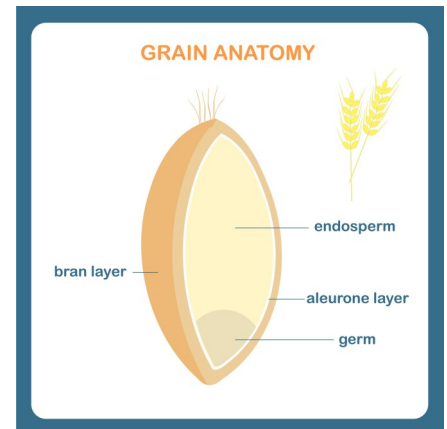
September is Whole Grains Month. It is a great time to make a new habit by adding more whole grains to your meals.

What Are Whole Grains?

Whole grains contain all three main parts of the grain: the bran, germ, and endosperm.

Common whole grains include:

- Oatmeal
- Whole wheat
- Quinoa
- Buckwheat
- Brown rice
- Barley
- Whole grain corn



Why Are Whole Grains Helpful for Seniors?

- Since whole grains contain the whole grain, it means they retain more natural nutrients such as vitamins, minerals, and fiber than refined grains.
- They help support healthy digestion and provide longer lasting energy.

Read Food Labels Carefully

- Not every product labeled as “wheat” or “multigrain” is a whole grain food. Look for foods with “whole grain” or “whole wheat” listed first on the ingredient list.
- Check fiber content on the food label to choose foods with more fiber. Foods with 20% or higher for fiber are a good source.
- Color is not a reliable way to choose a whole grain food. Sometimes molasses or other added ingredients give a food that nice brown color.



Include whole grains at breakfast:

- Oatmeal with berries
- Whole grain toast with avocado
- Whole grain cereal with fruit
- Overnight oats
- Homemade oatmeal muffins

Include whole grains at lunch and dinner:

- Brown rice bowls
- Whole wheat sandwiches
- Quinoa salads
- Barley soups
- Whole grain pasta with vegetables
- Grain and bean dishes

Brunch Avocado Toast

- 1 avocado
- 1 Roma tomato, diced
- 1/8 teaspoon black pepper
- 2 slices whole wheat bread
- 2 slices cheddar cheese



1. Wash hands with soap and water before preparing food.
2. Wash all produce under cool running water.
3. In a small bowl add avocado, diced tomato, and black pepper. Mash together with fork.
4. Turn on oven broiler. Add bread to baking sheet. Toast bread under broiler until bread is almost fully toasted. Watch carefully, as bread can toast quickly.
5. Add cheese to bread and return to oven until bread is finished toasting and cheese is melted.
6. Using a fork, spread avocado mixture evenly on top of toasted bread and cheese.

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Sources: https://www.clemson.edu/extension/hgic/food/nutrition/food_shop_prep/food_shop/hgic4224; <https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/recipes>; Ohio SNAP-Ed retrieved 08/27/26

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