Whole Grains Fortify

Shirley Like

Iowa State College

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Pancakes, added to this attractive luncheon plate, provide some of the protein, iron and B vitamins once furnished by meats

Whole Grains
Fortify

The proteins, vitamins and minerals contained in whole grain and enriched cereals must be drafted to fill the nutritional gap resulting from food restrictions and rationing.

The largest deficiency in the intake of protein, iron and the B complex vitamins will result from meat rationing. As one of the best available sources of the elements contained in meat, cereals will become an increasingly important alternate in the American diet.

Modern milling processes remove much of the germ and bran of the wheat and lower the nutritive value. The glutenin and essential minerals are in part removed and the vitamins are markedly diminished.

It is estimated that over two-thirds of the flour now produced is enriched or reinforced, but enriched cereals have been restored to whole grain levels only with respect to thiamin, niacin and iron. Other unknown elements are lost in the milling process.

Nutritionists have discovered that ounce for ounce, the protein content of pork chops and uncooked oatmeal is the same, but it should be remembered that cooked oatmeal is 75 percent water. Wheat bran and wheat germ contain amounts of protein similar to the uncooked oatmeal. Thus extending meat with cereals in the form of baked loaves and casserole dishes provides additional protein.

Puddings made of cereals and fruits and served hot, main dishes cooked with whole cereals and vegetables, baked goods containing whole cereals and meat dishes extended with cereals all help to boost the consumption of this valuable food.

—Shirley Like