

A “Bran” New “Raisin” For Healthful Eating



(NAPSA)—For years, health experts have known that whole grain foods contain essential nutrients important as part of a healthy lifestyle. In fact, the USDA Food Guide Pyramid recommends adults eat six to 11 servings of grains daily, several of which should be whole grains. Why whole grain foods? When you eat a variety of whole grain foods you get the nutrition of the entire grain including vitamins, minerals and dietary fiber.

“Unfortunately Americans on average consume only one serving of whole grains a day,” says Elizabeth Somer, Registered Dietitian and author of *Age-Proof Your Body* and *The Origin Diet*. “Perhaps due in part to confusion, Americans aren’t selecting foods which are proper sources of whole grains.”

A delicious and easy way to get whole grains in your diet is to start the day with a serving of Post Premium Raisin Bran. Made with whole grain wheat, it is also 98 percent fat free and high in fiber. Other choices containing whole grains include foods such as whole wheat bread, popcorn, oatmeal, brown rice, whole wheat pasta and whole wheat crackers.

To ensure you’re eating a whole grain product, check the food label on the package. Make sure that the first ingredient listed is “whole grain” such as whole wheat, whole oats or brown rice. Don’t forget you can enjoy whole grains in great tasting recipes, too. For example, use Post Premium Raisin Bran to create low fat Applesauce Bran Cereal Muffins.

For additional recipe ideas using Post Cereals and more information on whole grains, visit www.postcereals.com.

Applesauce Bran Cereal Muffins

Prep: 10 minutes; Bake: 20 minutes

- 1¼ cups flour**
- 1 Tbsp. baking powder**
- ¼ tsp. salt**
- 2 cups POST Raisin Bran Cereal**
- 1 cup fat free milk**
- 1 egg, slightly beaten**
- ½ cup applesauce**
- ⅓ cup firmly packed brown sugar**
- 2 Tbsp. margarine, melted**

MIX flour, baking powder and salt in large bowl. Mix cereal and milk in another bowl; let stand 3 minutes. Stir in egg, applesauce, sugar and margarine. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) SPOON batter into muffin pan sprayed with no stick cooking spray, filling each cup ¾ full. BAKE at 400° F for 20 minutes or until golden brown. Serve warm. Makes 12.

Nutrition Information Per Serving: 140 calories, 2.5g total fat, 0.5g saturated fat, 20mg cholesterol, 180mg sodium, 27g carbohydrate, 2g dietary fiber, 3g protein, 10% daily value iron. Exchange: 2 Starch Exchange calculations based on Exchange Lists for Meal Planning, (c)1995, American Diabetes Association, Inc. and The American Dietetic Association. Approved Claims: Low fat, good source of iron.