



Grits, Corn, White/Yellow

MyPlate Food Group: **Grains**

USDA
Foods

Nutrition Information

- ½ cup cooked grits counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. White/yellow corn grits are a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
- For specific information about white/yellow corn grits, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Grits make a simple, hearty breakfast. For a savory flavor, add a few sprinkles of shredded, low-fat cheese. For a sweet flavor, try grits topped with berries or banana slices.
- When cooking grits, whisk continuously, especially in the first few minutes of cooking to prevent lumps from forming.

Storing Foods at Home

- Store unopened package in a cool, clean, dry place.
- After opening grits, keep package tightly closed.
- To preserve freshness longer, grits may be stored in the refrigerator or freezer in an air tight container not made from metal.
- Once prepared, store any leftover grits in the refrigerator in a sealed container not made from metal.

MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



USDA Foods

Grits and Greens

Makes 1 serving

Ingredients:

½ serving grits, cooked according to package
½ tablespoon butter
salt and pepper, to taste
1 egg
½ cup any leafy green vegetable, chopped
(spinach, kale, or collard greens)
2 tablespoons water
hot sauce (optional)

Directions: Wash hands with soap and water.

1. Pour cooked grits in serving bowl and season with butter, salt and pepper (optional).
2. In a small skillet, cook the egg to how you like it.
3. In a microwave-safe bowl, add greens and water. Cover tightly and microwave for 2 minutes. Drain water.
4. Spoon the cooked greens over the grits, then top with the egg. Add hot sauce, if desired.

Recipe adapted from Alabama Cooperative Extension System

Country Ham & Broccoli Grits

Makes 16 servings

Ingredients:

non-stick cooking spray
1 tablespoon vegetable oil
6 cups broccoli, chopped
½ cup onion, minced
2 cloves garlic, minced
¾ teaspoon crushed red pepper flakes
4 cups low-fat milk
1 cup grits
1 cup low-fat cheddar cheese, shredded
6 ounces ham, cut into ½ inch pieces
1 egg, beaten
salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F. Coat 13x9-inch baking dish with cooking spray. Heat vegetable oil in a frying pan. Sauté broccoli, onion, garlic and red pepper flakes until vegetables are tender, about 5 minutes. Set aside.
2. Heat milk to a boil in a large saucepan. Slowly, whisk in grits. Reduce heat and stir continuously until thickened.
3. Remove grits from heat. Stir in ham, broccoli mixture, most of the cheese (reserve about 2 tablespoons), egg, salt, and pepper. Mix until well blended. Pour into prepared baking dish.
4. Sprinkle with reserved cheese. Bake uncovered for 30 minutes, or until top is set and lightly puffed.

Recipe adapted from University of Kentucky/Family & Consumer Sciences Extension