



## Cereal, Wheat Farina, Enriched

MyPlate Food Group: **Grains**



### Nutrition Information

- 1/2 cup of cooked cereal can be considered as 1 ounce-equivalent from the Grains group. Wheat farina is 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. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamine, 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. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about farina, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Served cooked farina with dried fruit and/or nuts for a warm breakfast.
- For a savory dish, try cooked farina with a pat of butter or some shredded cheese.

### Storing Foods at Home

- Store unopened packages of farina in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Farina may be stored in the refrigerator in an air tight container not made from metal.

### MyPlate Facts

- Try to make at least 1/2 of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamine, 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

### Savory Meatloaf

Makes 6 servings

#### Ingredients:

1 pound lean ground beef or turkey  
½ onion, chopped  
1 cup carrots, grated (about 2 carrots)  
¼ cup wheat farina cereal  
¼ cup milk, low-fat  
1 egg  
½ teaspoon grated black pepper  
¼ teaspoon salt  
½ cup ketchup, divided  
2 tablespoons brown sugar

**Directions:** Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Mix together the ground beef or turkey, onion, carrots, farina, milk, egg, pepper, salt, and half of the ketchup.
3. Form the mixture into a loaf and place on broiler pan. Bake for 50 minutes.
4. Stir the remaining ¼ cup ketchup and brown sugar in a small bowl.
5. Remove meatloaf from oven and spread sauce over the top and sides of meatloaf.
6. Bake 10 minutes or until a meat thermometer reads 160 degrees F.

*Recipe adapted from Iowa State University Extension and Outreach*

### Farina Muffins

Makes 12 servings

#### Ingredients:

1¼ cups flour  
¾ cup farina  
½ cup sugar  
¾ cup low-fat milk  
¼ cup vegetable oil  
1 egg  
1 tablespoon baking powder  
½ teaspoon salt  
1 teaspoon vanilla

**Directions:** Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, combine all ingredients.
3. Stir together until all ingredients are moistened.
4. Spoon batter into greased or paper-lined muffin tins, filling cups ¾ full.
5. Bake 18-20 minutes.

*Recipe adapted from University of Nebraska Lincoln, Nutrition Education Program*