

## Artisan bread class participants increase whole grain intake

### The Situation

The 2010 Dietary Guidelines for Americans emphasize the importance of eating whole grains as they are valuable sources of dietary fiber, B vitamins, vitamin E, selenium, zinc, copper and magnesium. Whole-grain foods also contain phytochemicals that play important roles in disease prevention.

Studies show that whole grains play an important role in lowering the risk of chronic diseases, such as coronary heart disease, diabetes, and cancer. They may also contribute to body weight management and gastrointestinal health (*Journal of Nutrition*, 2011).

Whole grains are digested more slowly than refined grains, thus they have a gentler effect on blood sugar and insulin, which increases satiety and prevents disease. Whole grains may also help to prevent weight gain. Research found that with every 40 gram/day increase of whole grains, weight gain was reduced by 0.49 kg (*American Journal of Clinical Nutrition*, 2004).

### Our Response

In 2013, four whole grain artisan bread workshops were taught in Franklin County. During these workshops, an Extension Educator taught about the health benefits of eating more whole grains and artisan bread was used to show a practical way of adding whole grains to the foods we consume. These workshops gave participants a hands-on experience of making the artisan bread, tasting it, as well as learning about the variety of whole grain products available in grocery stores.

### Program Outcomes

Fifty-six individuals participated in a whole grain artisan bread class in Franklin County in 2013. Of



Participants gathering ingredients during artisan bread class.

those, 49 returned a retrospective pre/post survey evaluating knowledge before and after the class. Participants ranked knowledge on a scale of 1-10 (1=no knowledge to 10=extensive knowledge). A paired t-test was used to compare pre and post responses. See the results in the following table.

	Pre	Post	P-value
Serving sizes for grains	5.35	8.16	<0.01
What makes a whole grain	6.00	8.98	<0.01
Cost of baking from scratch	5.65	9.06	<0.01
How to make artisan bread	2.88	8.94	<0.01
Taste of whole grain bread	7.23	8.94	<0.01

#### Follow-Up Survey:

One month later, an online or post card follow-up survey was sent to participants to evaluate attitude and behavior changes following the class. Thirty-four (61%) returned the survey. Forty-four percent (15) of those who returned survey reported increasing whole grain consumption. Sixty-two percent (21) indicated that they had made the whole grain artisan bread recipe from the class average of 1.5 batches of bread (SD 1.38) in the month following the class. Fifty-two percent (17) reported adding different (other than wheat) whole grains to their diet. Ninety-one percent (31) indicated that they were more confident and informed about whole grains and foods containing whole grains.

#### Participant Comments:

Participant comments were positive and indicated what they learned and how they planned on using the information from the workshop. One participant commented, "(This is an) easy way to incorporate more whole grains into (my) diet." Another said, "I plan to concentrate on whole grains and experiment with different grains."

#### The Future

Whole Grain Artisan Bread workshops will continue to be taught in Franklin County. Additionally, other bread classes and whole grain classes may be offered.

#### References:

*American Journal of Clinical Nutrition*, 2004;80(5):1237-45

Choose MyPlate, <http://www.chosemyplate.gov>

*Journal of Nutrition*, 2011;141(5):1011S-22S

Whole Grains Council, <http://www.wholegrainscouncil.org>

#### FOR MORE INFORMATION

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