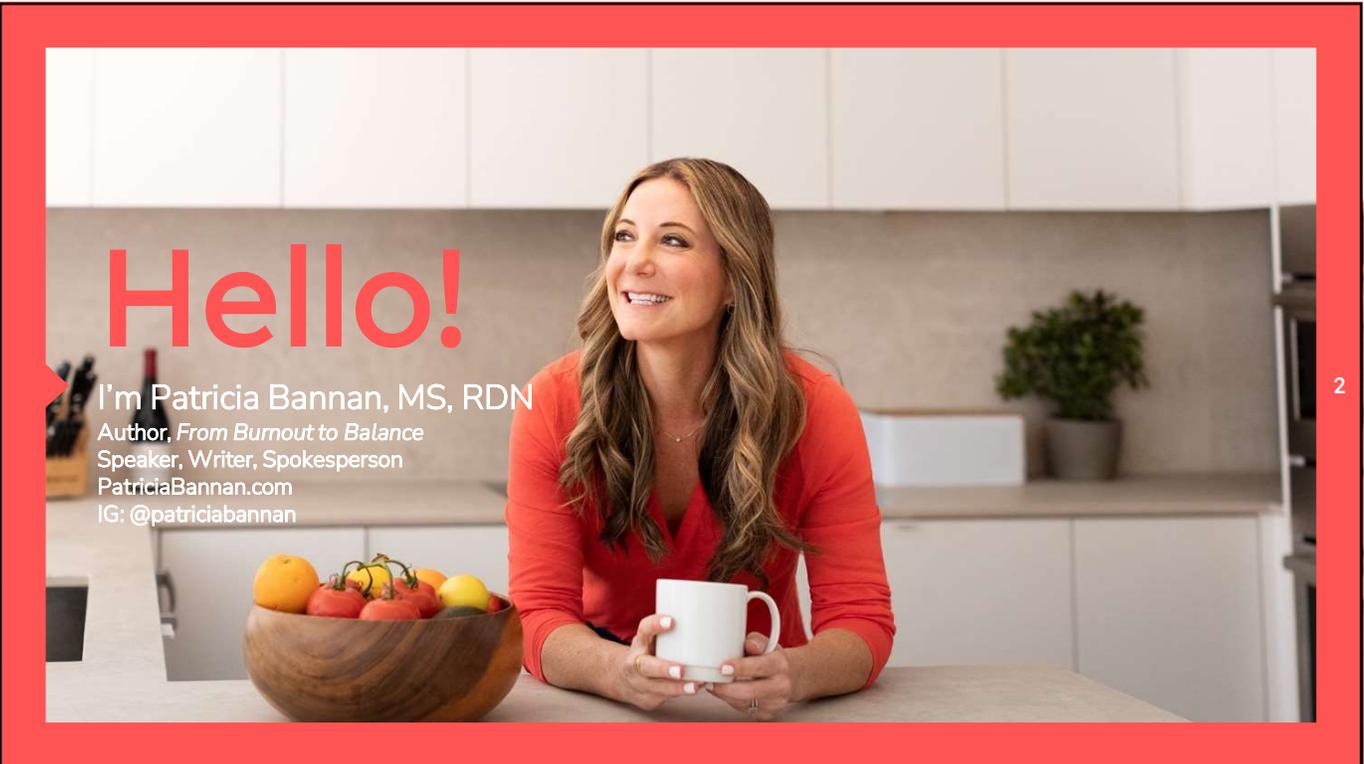




# Powerful Pairings:

Elevating Balance, Taste, and Nutrition

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# Hello!

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## Disclosure

- I am delighted to partner with Powerful Pairings on this presentation and have been compensated for my time.
- I also work with other brands and commodities that align with my nutrition philosophy in a paid format; please check out the disclosure page of my website for the full list:  
[patriciabannan.com/disclosure/](http://patriciabannan.com/disclosure/)



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## Overview

- Introducing Powerful Pairings
- Five “Did You Know” Facts: Pulses, Sorghum, Grains
- Celebrate the Family Meals Movement
- Putting Information Into Action with Culinary Strategies
- Key Takeaway & Applications
- Q&A



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## Learning Objectives

- Cite at least three evidence-based benefits of increasing the frequency of family meals.
- Discuss how including sorghum, pulses, and grain foods as part of a healthy diet may help optimize balance.
- List at least three consumer-friendly ways to include sorghum, pulses, grain foods as part of a healthy diet that will enrich family meals.



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## Powerful Pairings

Nutrition, taste, and versatility



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Powerful Pairings include pulses, sorghum, and grain foods



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In the field...



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# On the plate...



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## Why pair pulses, sorghum, and grains?

### Flavor Versatility

With these three nutrition powerhouses on a plate, the flavor possibilities are endless. They pair well with almost any flavor profile.

### Nutrition Synergy

Offer protein, fiber, and essential vitamins and nutrients including (among others) copper, folate, niacin, thiamin, vitamin B6, riboflavin, and vitamin A and zinc.

### Functional Benefits

Supply critical nutrients that support (among others) weight management, immune function, muscle development, and bone health.

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## Five “Did You Know” Facts

Pulses, Sorghum, and Grains



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## Giveaway Question #1:

The word pulse comes from the Latin word *puls* meaning \_\_\_\_\_?

- Edible seed
- Nutrient dense
- Thick soup
- Filling



Pulses Prize  
Box!

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## Giveaway

### Question #1:

The word pulse comes from the Latin word *puls* meaning \_\_\_\_\_?

- a. Edible seed
- b. Nutrient dense
- c. Thick soup
- d. Filling

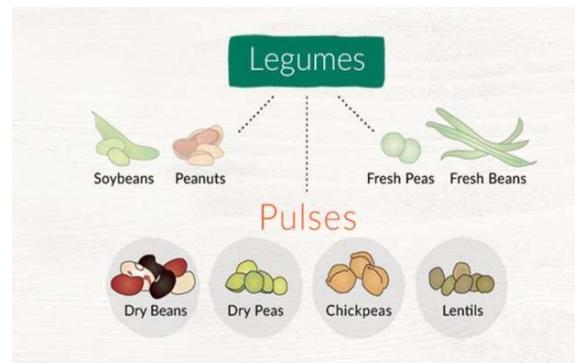
# Answer: c: Thick soup

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## Pulses

The edible seeds from legume plants, pulses are among the most nutritious, delicious, and versatile crops.



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## Common Pulse Varieties

### Chickpeas (garbanzo beans)



Large (Kabuli) Small (Desi)

### Beans



Adzuki Black Blackeye Peas Kidney (Dark Red) Kidney (Light Red) Great Northern Navy  
Pinto Fava Small Red Mung Lima Cranberry Pink

### Dry Peas



Split Green Split Yellow Whole Green Whole Yellow

### Lentils



Green (most common) Red Small Brown French Green Black

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## Pulse Products

- Pre-cooked pulses  
Canned or frozen products with beans, chickpeas & lentils
- Packaged & prepared products  
Dips & spreads, pasta, snacks, mixes, frozen meals, soups, etc.
- Pulse flours  
Chickpea flour, lentil flour, black bean flour, split pea flours, etc.
- Protein powders  
Pea protein powder



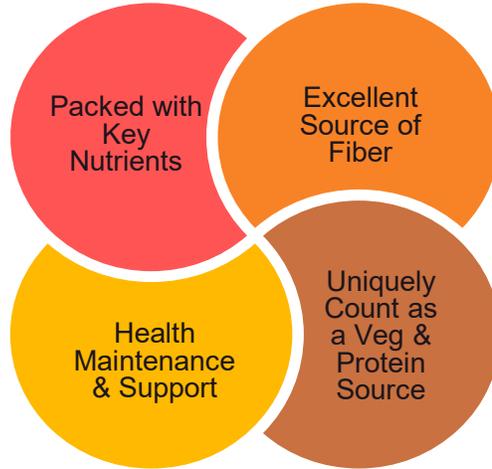
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# Pulses pack a powerful nutrition punch

Excellent source of fiber, folate and potassium  
Good source of plant protein (and most iron)  
Natural source of zinc, magnesium and choline

They help with (among others) blood sugar reduction, blood pressure maintenance, bone health support and daily energy.



Pulses are an excellent source of fiber, which supports satiety and weight management.

Pulses pack such a nutrition punch that the USDA considers them to be a part of both the Vegetable Group and Protein Foods Group.

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# Sustainability

Pulse crops are:



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## Giveaway

### Question #2:

A serving of cooked whole grain sorghum is an excellent source of how many essential nutrients?

- a. 2
- b. 6
- c. 9
- d. 12



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## Giveaway

### Question #2:

A serving of cooked whole grain sorghum is an excellent source of how many essential nutrients?

- a. 2
- b. 6
- c. 9
- d. 12

**Answer:**  
**d. 12**

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# Sorghum

In its prepared form, sorghum is similar to rice or quinoa and brings nutrients, texture, and great taste to a variety of foods.



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# Sorghum grain adds a hearty, nutty flavor to recipes

Sorghum grain can be cooked stovetop, in a slow cooker, a rice cooker, or oven. It can be eaten alone or added to salads or side dishes, or cooked like popcorn to create a quick, tasty, crunchy snack (without worry of getting stuck in your teeth!).



## Forms of Sorghum

Ready To Eat



Ingredient Form



# Environmental Benefits

The grain that gives™

- SAVING WATER
- RESTORING OUR ENVIRONMENT
- THE RESOURCE CONSERVING INGREDIENT
- SUPPORTING ROBUST ECOSYSTEMS
- BUILDING SOIL HEALTH



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## Giveaway

### Question #3:

What percentage of ALL dietary fiber intake in the U.S. comes from foods made with refined grains?



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## Giveaway

### Question #3:

What percentage of ALL dietary fiber intake in the U.S. comes from foods made with refined grains?

# Answer: 40%

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## Grains

Foods such as bread, bagels, naan, pitas, and flatbreads can be made with either whole grains, enriched or fortified grains, and provide essential nutrients that are delicious to eat.



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## All grain types provide essential nutrients

### Whole grain foods

Contain all the essential parts and naturally occurring nutrients of the entire grain seed in their original properties.

- Includes all of the bran, germ, and endosperm.

### Enriched grains

Have nutrients added back that were lost in the refining process.

- Typical nutrients restored through enrichment include iron, folic acid, riboflavin, niacin, and thiamin.

### Fortified grains

Include added nutrients that were not previously present, or at higher levels than present originally.

- The policy of fortifying with folic acid to flour has helped reduce the number of infants born with neural tube defects.

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Many products & recipes use a mixture of both whole and enriched grains and pack a powerful nutrition punch!

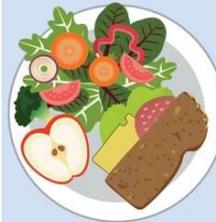
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## Grains play a foundational role in DGA eating patterns

Grains are versatile, affordable staples that can easily be integrated into the range of eating patterns outlined in the Dietary Guidelines for Americans 2020-2025.

### Recommended eating patterns:



Healthy U.S.



Vegetarian



Mediterranean

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# 40%

Almost 40% of the dietary fiber in the American diet comes from foods made with refined grain foods. One hundred percent of whole grain foods provide 10% of dietary fiber.

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# Family Meals

Join the Movement



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## Giveaway Question #4:

Since the pandemic started, what is the percentage of consumers who indicate they are eating the same or more in-person family meals (by family, we mean your definition of family)?



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## Giveaway

### Question #4:

Since the pandemic started, what is the percentage of consumers who indicate they are eating the same or more in-person family meals (by family, we mean your definition of family)?

# Answer: 84%

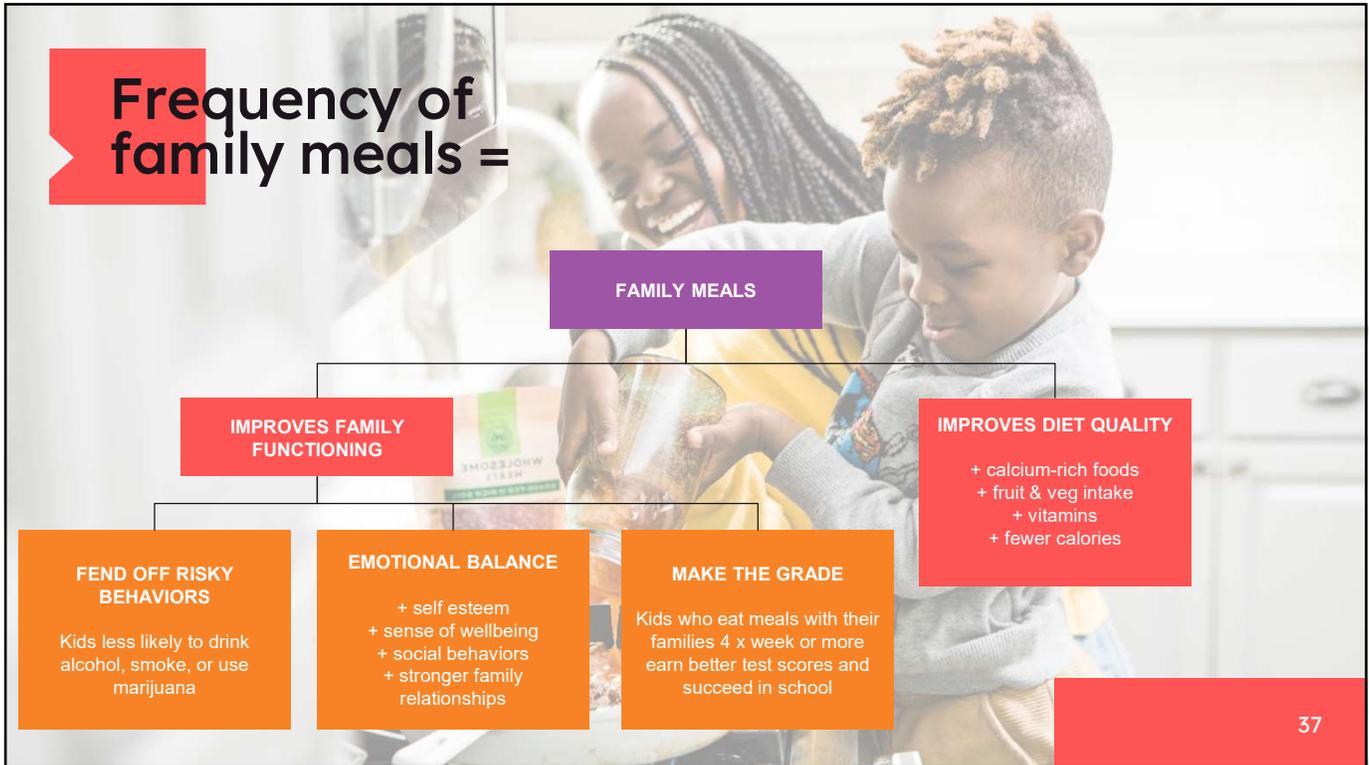
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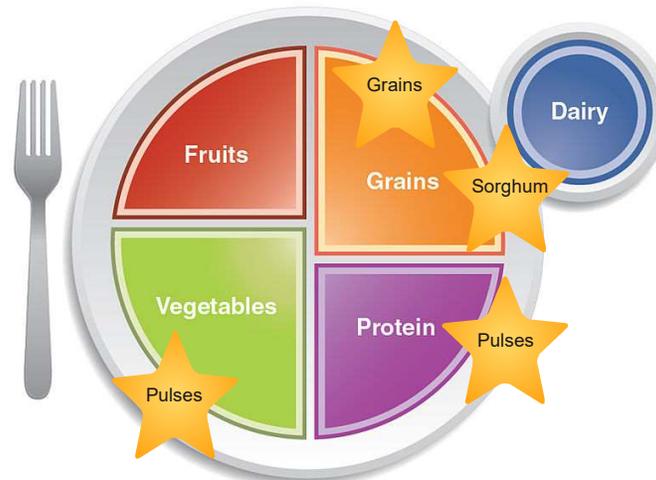
## Pulses, sorghum, and grains fit all 4 DGA guidelines to make *Every Bite Count!*

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
4. Limit foods with added sugars, saturated fat, and sodium, and limit alcoholic beverages.

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## Pulses, sorghum, and grains fit MyPlate for balance, variety, and moderation



Choose**MyPlate**.gov

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## Pulses, sorghum, and grains promote balance in the kitchen (and beyond)

- More balance = more family meals
- Pantry & freezer staples
- Budget-friendly
- Timesavers
- Versatile in recipes or cook "as is"
- Family- and kid-friendly
- Nutrition powerhouses
- Eco-friendly



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## Let's Get Cookin'!

Putting Information Into Action

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## Powerful Pairings recipe examples

- Recipes to boost mood, immunity, focus & sleep
- Family friendly
- Mostly plant-based
- Time Savers & Superchargers
- Powerful Pairings are key!



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## Butternut squash and ricotta pizza with cranberries

- 2 Powerful Pairings: sorghum (crust) and cannellini beans (topping)
- Family favorite (and customizable)!
- Time Savers: store-bought crust, canned beans, great for leftovers, smart freezer meal
- Packed with fiber, protein, and antioxidants



Photography by Jennifer Chong

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## Spaghetti with chickpea basil meatballs

- 3 Powerful Pairings: chickpeas & cooked sorghum ("meatballs"), grain (pasta)
- Family favorite, with a plant-based twist!
- Time Savers: use microwavable brown rice, canned beans, great for leftovers, freeze "meatballs"



Photography by Jennifer Chong

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## Put-it-on everything dip or spread

- 3 Powerful Pairings: white beans (dip or spread, sorghum & grains (crackers or bread), can add popped sorghum
- Celebration of veggies (including beans)!
- Time Savers: use up extra produce and whatever canned white beans you have, great for leftovers



Photography by Jennifer Chong

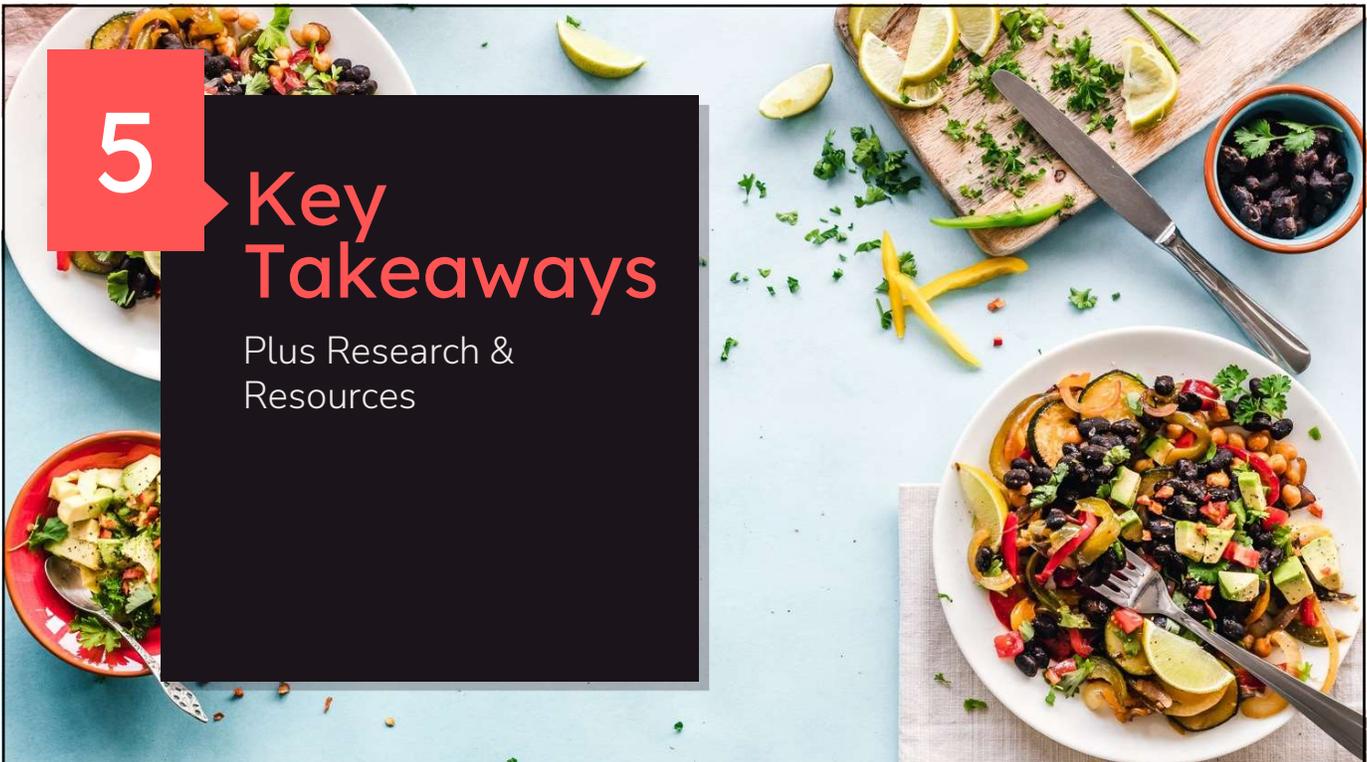
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## Key Takeaways

Plus Research & Resources



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## Key Takeaways

- Powerful Pairings including pulses, sorghum and grain foods can be combined to dial up taste, nutrition, and versatility to make satisfying meals.
- Eating family meals together promotes family functioning and better nutrition to survive and thrive through life's challenges.
- Powerful Pairings help optimize balance in the kitchen (and beyond) making family meals more enjoyable.
- Combining pulses, sorghum and grain foods meets USDA's challenge to *Make Every Bite Count!*



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## Additional Resources



[www.powerfulpairings.com](http://www.powerfulpairings.com)

[www.usapulses.org](http://www.usapulses.org)

[www.sorghumcheckoff.com](http://www.sorghumcheckoff.com)

[www.grainfoodsfoundation.org](http://www.grainfoodsfoundation.org)

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## Meet the Powerful Pairings Partners



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