



Kernels

Vol. 32

SUMMER 2021

The Pandemic and Personal Trainers: Survey Results
Brett Carver Explains covers a range of topics in first videos.

Did you know eating pasta is good for you? (We did)

Member Profile:
MINNESOTA WHEAT



Message from the President

Coronavirus has affected everyone in some way, in this issue we provide you with a peek at what Personal Trainers have experienced in their businesses during the pandemic and how they were individually affected.

We also share how WCF member Minnesota Wheat has adapted to the challenges of COVID.

Wheat breeding expert Dr. Brett Carver is featured in a series of videos we created to address important wheat topics.

You will find a link to these useful videos in this issue along with a fun pasta quiz and some inspiring breakfast recipes. Please use and share this information.

Tim O'Connor
President, Wheat Foods Council



By Michele Tuttle, MPH, CSSD, RDN

2020 was a year like no other. While some people carried on as usual, many others found themselves almost instantly unemployed, or working from home in less than optimal circumstances, or worse. Even if you didn't suffer ill effects directly from the Covid virus, the stress alone most likely had some negative impacts on your eating and fitness habits.

The Pandemic Has Affected Health in Many Ways Personal Trainers Have Struggled, Too

Personally, I noticed that people around me seemed to react to the pandemic in one of two ways: either they began exercising more than ever before and seemed to be eating healthier, or they stopped exercising, ate more, and gained weight. I was curious how personal trainers, whose careers are devoted to helping others get healthier, reacted to the pandemic.

In early May 2021, we surveyed our personal trainer base to find out answers to some basic questions about how the pandemic affected their eating and fitness habits. Here's what they told us. (Note: this is just from our database, so it is far from being scientifically valid. However, the information the respondents provided is illuminating and reflects what they have experienced.)

Q1: Roughly 40% trainers were able to return to work as usual once gyms reopened several months into the pandemic, but nearly 10% had to change their line of work entirely. About one-quarter of trainers were able to use online teaching platforms (e.g., Zoom) or train people outside and have continued to incorporate these approaches into their work.

Q2: In terms of their personal eating habits, 50% reported that pandemic didn't affect how they ate. And, while 10% reported eating more healthfully than before the pandemic, 20% said they found they were eating more, and struggled to eat healthfully.



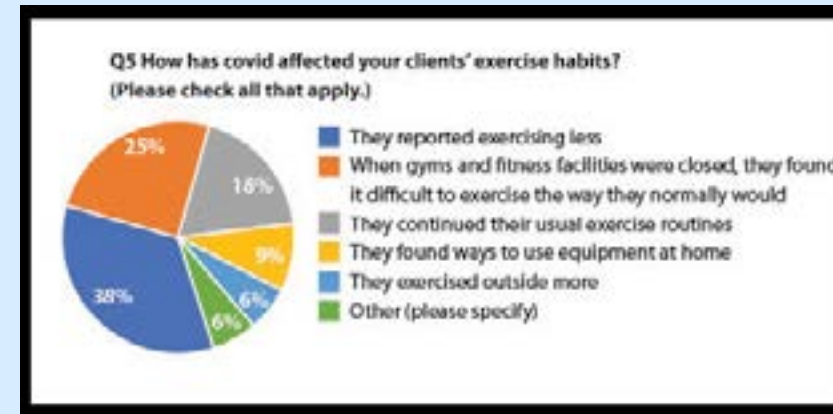
Q3: Personal trainers' fitness habits were also affected While 40% said their habits didn't change, this implies that everyone else (60%) did make changes. Some of these changes were positive such as finding ways to use equipment at home or exercising outdoors. However, 1 in 5 found that it hard to exercise as much as usual with gyms closed.



Q4 & Q5: About 40% of trainers reported that their clients gained weight and exercised less during pandemic.

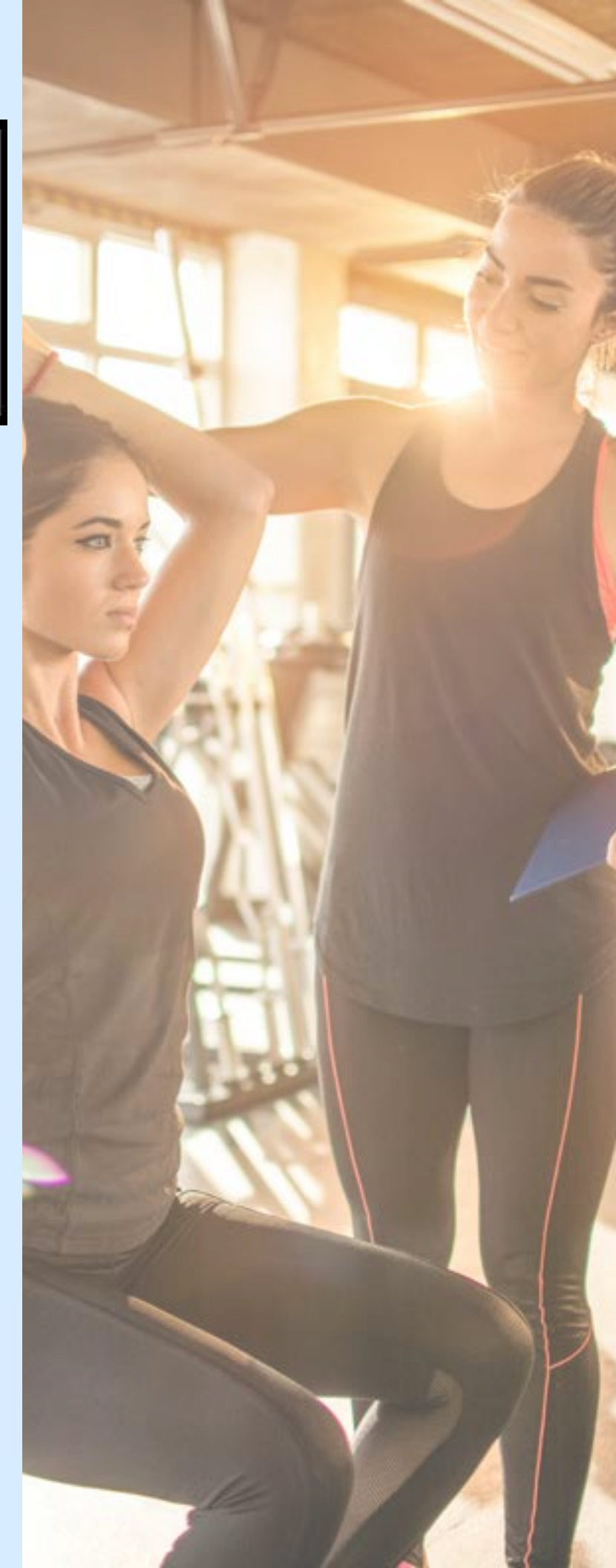
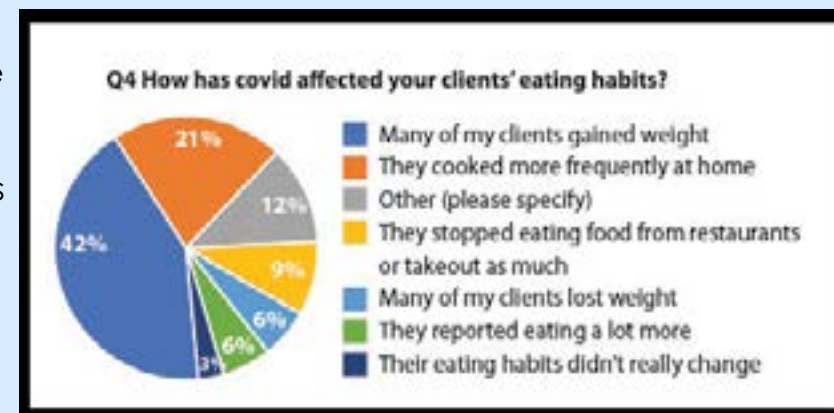
Q6 & Q7: When asked whether they were eating differently now than before the pandemic, most trainers indicated that they were slowly returning to their pre-pandemic patterns with most eating out or getting takeout about 1-2x per week. Some reported eating at home more, cooking from scratch more often, and eating more fruits and vegetables. And, a few reported that stress eating was definitely an issue.

Q8 & Q9: A majority report training clients differently now than before pandemic. Many are continuing to train clients virtually or outside, and several reported they are emphasizing meal planning to help clients get back on track.



To me, these results make a lot of sense. Everyone responds to stressful events differently: some by seeking relief in food, others in exercise or being outdoors, and still others just carry on finding new ways to continue doing things but perhaps in slightly more creative ways. If you've struggled with your eating and fitness habits over the past year, you have a lot of company out there. Fortunately, things are slowly returning to some new form of normal.

If you are a health or wellness professional who has had difficulty with your eating and fitness over the last year, use your experience to guide your clients back to health. They will appreciate that everyone, even the fittest among us, has had a tough time over the past year.





Brett Carver Explains was created to teach Personal Trainers and the general public about a number of wheat topics that come to our attention periodically. Wheat Foods Council Board of Advisor member and wheat breeding expert Dr. Brett Carver has covered a range of topics in his first four videos.

His first entitled [“What do we have to lose?”](#) explores what your body misses out on when you eliminate wheat from your diet.

In the second video, [“How has wheat changed?”](#) Brett dove into a subject we get a lot of questions about, especially from our Personal Trainers,

In the other videos, he talks about wheat's role in the microbiome with [“Wheat's role in gut health”](#) and how consumers influence how wheat is grown today in [“How our choices influence wheat production.”](#)



We'll be rolling more out in the future and hope you'll watch them all. Brett has a very engaging way of talking about a subject he's passionate about. And

with over 500,000 views of these first four videos, it looks like a lot of people agree.

[You can view all the videos here](#)



CHILDREN WHO EAT PASTA HAVE:

Less saturated fat and total fat in their diet, better overall diet quality, and more fiber, folate, iron, magnesium, and vitamin E in their diet!

DID YOU KNOW EATING PASTA IS GOOD FOR YOU? (WE DID)

ADULTS WHO EAT PASTA HAVE:

Better overall diet quality, less saturated fat, solid fat, & added sugar, higher total vegetable intake, greater whole grains intake, and more folate, vitamin c, iron, magnesium, and fiber in their diet!



MINNESOTA WHEAT

Minnesota Wheat Research & Promotion Council
Minnesota Association Of Wheat Growers



Charlie Vogel
[Minnesota Association of Wheat Growers](#)

So, let's jump into it with a few facts about Minnesota wheat.

What should people know about the wheat Minnesota produces?

Virtually all the wheat grown in Minnesota is Hard Red Spring. It's the high protein, high bread quality used to blend a lot with other wheats to meet quality spec. So, it's a premium wheat. 70% is used domestically. 30% is export.

Minnesota ranks number five for total wheat production...Number three for spring wheat production.

We raise about 72 million bushels on about 1.4 million acres in 2020.

Current market value, that's about half a billion dollars.

With a year defined by COVID-19, everyone including the grain chain had to adapt. What steps did the Minnesota wheat industry take to respond to the challenge?

Two things. One on the supply chain side. To be honest, it didn't change much for the growers. They continue to do what they do. Where it changed was from the elevators downstream.

The entire restaurant and service industry was slowed or stopped altogether. For over a year we went back into our kitchens, and Americans started baking again. Or for many, for the first time. So, there was a plethora of 50-pound flour sacks that restaurants would use and no one-pound flour sacks to put on grocery shelves. There was definitely some scrambling as the industry retooled to serve the home baker.

The other big change from COVID as an association, is how we deliver programming and interact with growers. We had to change how we conducted all of our programming in the last year. We just transitioned from in-person events to virtual events.

What is interesting is our numbers look virtually unchanged. On one hand, we lost 80% of our traditional market, at least temporarily. But we also saw that we tapped a new market, an addition 60-80% that we were able to reach in new ways.

What do you think explains that?

I think broadly, in-person events cater to extroverts. But with us switching from live events to virtuals, the introverts could feel comfortable engaging. It also works with large growers and growers that who couldn't leave the farm for a three-day meeting. We also had more women involved. Three separate women have commented that they appreciated the virtual or hybrid aspect because they felt more confident and able to participate more.



MEMBER PROFILE



How many pasta shapes are produced worldwide?

- A
150
- B
300
- C
450
- D
600

Match the pasta with its meaning

- | | |
|----------------|-------------------|
| 1. Farfalle | A. Small ears |
| 2. Spaghetti | B. Little worms |
| 3. Ravioli | C. Little tongues |
| 4. Orecchiette | D. Butterflies |
| 5. Vermicelli | E. Strings |
| 6. Linguine | F. Little turnips |



How do you balance the concerns of small growers and large growers? You have a pretty even split of small and large growers in the state?

With export markets, it's a complimentary approach. Virtual allows our bandwidth to be much broader. We can reach people that either will never be able to get visas or can't afford all the costs of coming here. How do you balance the concerns of small growers and large growers? You have a pretty even split of small and large growers in the state?

It is a definite dynamic of large or small. We take the same approach as we do with wheat versus corn versus soybean farmers. We will always be a commodity so there will be a place for wheat being grown on large scale, large acreage farms.

There's also a need for high input, high labor, high margin wheat that fits on a smaller scale on smaller farms to feed a boutique bakery or an Ardent Mills that want a specific line.

Finally, what do you hope to see come out of your association with Wheat Foods Council?

Consumer education and I know that's a big ask. And like we mentioned before, wheat's just not an industry that you're going to do a "Got Milk" commercial, but between what's been developed with the **Slice of Life** campaign and the work with personal trainers to influence the influencers is a phenomenal way of bridging limited dollars for maximum benefit.

My hope is as we come out of COVID, there's going to be opportunity for a renewed emphasis on health and fitness. And wheat fits that.

[The MWRPC and the MAWG work together as Minnesota Wheat](#), in a unified, focused, and effective manner to improve the profitability of the Minnesota wheat industry. From research and educational programs to lobbying in Washington and St. Paul, their missions are to build programs that have long-lasting impact for Minnesota wheat growers.

So, you think you know pasta?

The average person in Italy eats more than ____ pounds of pasta every year.

- 12
- 24
- 50
- 100



Italy's most popular pasta is

1. Spaghetti



2. Linguine



3. Penne



4. Ravioli



Tasty Breakfast Options to Start Your Day!



Maple Bacon Popovers

Ingredients

- 1 cup finely chopped thick-cut bacon slices
- 1/4 cup unsalted butter, melted, divided
- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 3/4 cup whole milk, warmed gently
- 1/4 cup Pure maple syrup, plus a lot more for brushing and serving on the side.
- 4 large eggs, at room temperature

Directions

Preheat oven to 425°F with oven rack in lower third of oven. Cook chopped bacon in a medium nonstick skillet over medium-high, stirring occasionally, until crisp and golden, 5 to 7 minutes. Using a slotted spoon, transfer to a plate lined with paper towels. Allow drippings to cool slightly in skillet, about 5 minutes; pour into a small heatproof bowl.

Add 2 tablespoons melted butter to drippings; stir to combine. Spoon 1 teaspoon drippings mixture into each cup of a 12 or 6-cup popover pan or large muffin pan. (Discard any remaining drippings mixture.) Place pan in oven to heat. We used the 6-cup version and got 6 popovers. This recipe will make 12 if you use the smaller size or the muffin pan.

Stir together flour and salt in a medium bowl. Whisk together milk, maple syrup, eggs, and remaining 2 tablespoons butter in a large bowl. Gradually whisk flour mixture into egg mixture until almost smooth; fold in cooked bacon. Transfer batter to a large measuring cup making it easier to fill the popover cups.

Carefully remove hot pan from oven. Pour batter into popover cups, filling each two-thirds full. Bake in preheated oven until popovers are puffed and golden brown, 18 to 20 minutes. Lightly brush tops with additional maple syrup. Remove from pan, and serve immediately, preferably with warm syrup to pour over the inside of the popover.

SERVINGS: 6 SERVING SIZE: 1 CALORIES/SERVING: 314

Nutrition

Total Fat 17.2g 22%, Saturated Fat 8.5g 42%, Cholesterol 167mg 56%, Sodium 823mg 36%, Total Carbohydrate 26.4g 10%, Dietary Fiber 0.6g 2%, Total Sugars 9.7g , Protein 14.4g , Vitamin D 29mcg 146%, Calcium 67mg 5%, Iron 2mg 10%, Potassium 140mg 3%

Breakfast Muffins

Ingredients

- 12 eggs hard boiled
- 10 strips bacon, cooked until crisp then chopped
- 2 1/2 cups all-purpose flour
- 1/2 tablespoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 2 cups cheddar cheese, shredded
- 1 egg
- 1 cup milk
- 1/2 cup sour cream
- 4 tablespoons butter, melted and cooled
- 4 green onions, thinly sliced

Directions

In a large bowl combine the flour, baking powder, salt, onion powder and cheese. In a separate large jug combine the milk, egg, sour cream and melted butter until evenly combined.

Using a spatula, combine the wet and dry ingredients until a thick batter is formed. Then, fold in the bacon and green onions

Preheat your oven to 375oF (190oC) then generously butter a 12 muffin muffin tin. Using 2 spoons drop heaped tablespoons of muffin batter into the bottom of each muffin. Next place 1 whole hard-boiled egg into the center of each muffin. Press down to ensure the egg is meeting the batter on the bottom of the tin. Next, using the same two spoons, drop heaped table- spoons of batter on top of each egg, using the spoons to push the batter down the side of each muffin, this will ensure the egg is fully encased in batter. Repeat this process until all of the muffins are completed.

Bake for 25 minutes until firm and golden brown on top. Allow to cool slightly before removing from the tin. Enjoy immediately. Store in an airtight container in the refrigerator for up to 3 days.

SERVINGS: 12 SERVING SIZE: 1 CALORIES/SERVING: 264

Nutrition

One serving provides approximately:
10 g Protein, 23 g Carbohydrates, 14 g Fat,
(9 g Saturated), 55 mg Cholesterol, 223 mg Sodium

