



Start every day the whole grain way.

Help your children get their day off to a healthy start. Serve whole-grain versions of cereal, bread, tortillas or pancakes at breakfast. Whole grains give your children B vitamins, minerals and fiber to help them feel full longer so they stay alert to concentrate at school.

Go for whole grains

There are many choices available in the grocery store to help you choose whole grains for you and your family.

- 100 percent whole-wheat tortillas – an easy choice to wrap up the ingredients in your wraps or tortilla dishes.
- 100 percent whole-wheat couscous – couscous is a grain that cooks in only a few minutes. Find 100 percent whole-wheat couscous in the bulk food section of the grocery store.
- 100 percent whole-wheat crackers – cheese and crackers or peanut butter and crackers your family's go-to snack? Choose 100 percent whole-wheat crackers.



Whole-grain buckwheat pancakes

A brown color doesn't mean it's a whole-grain bread. The brown color may be from added molasses or caramel coloring.

It's on the label

Look for these words on the ingredient list. They mean whole grain. Choose a produce that has any of these words first on the ingredient label.

- 100 percent whole wheat or whole wheat
- Whole-grain corn
- Whole oats
- Oatmeal or rolled oats
- Brown rice
- Buckwheat
- Bulgur
- Whole-grain barley

What about multi-grain?

What about when you see the words "multi-grain," "stone-ground," "100 percent wheat," "cracked wheat," "seven-grain" on labels? These are usually not whole-grain products. And a brown color doesn't mean it's a whole-grain bread. The brown color may be from added molasses or caramel coloring.

What can you do to help your child choose whole grains?

Children love to be involved in choosing food. Make this recipe together.

Kids in the Kitchen

Your child gets to practice skills like:

- grating cheese
- assembling ingredients

Recipe

Tortilla rollups

(Makes 1 serving)

Ingredients:

- 100 percent whole-wheat tortillas
- 1 can of low-fat or fat-free refried beans
- Grated low-fat cheese
- Mild salsa

Directions:

1. Wash hands and surfaces.
2. Put tortilla on plate. Layer each ingredient on top of tortilla. Roll up. Enjoy!
3. Refrigerate leftovers immediately.



Whole grains give your children B vitamins, minerals and fiber.



Added sugar on the label

Check the label to make sure there are not a lot of added sugars in the grain foods you choose. If you see words like these on the ingredients label as one of the first 3 ingredients or listed more than one time, choose another product: sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, raw sugar.

INGREDIENTS: ENRICHED WHEAT FLOUR** (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), VEGETABLE OIL* (CONTAINS ONE OR MORE OF THE FOLLOWING OILS: INTERESTERIFIED SOYBEAN, CANOLA, PALM) WITH CITRIC ACID AND TBHQ ADDED TO PRESERVE FRESHNESS. SUGAR, HIGH FRUCTOSE CORN SYRUP. CONTAINS TWO PERCENT OR LESS OF: SALT, AMMONIUM BICARBONATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN* (AN EMULSIFIER), ARTIFICIAL FLAVOR AND SODIUM SULFITE.

CONTAINS: SOY*, WHEAT**

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