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# Grains

## Get 6 to 11 a Day!

Keep up with the hectic pace of your

lifestyle and Grab More Grains. Grain foods give you the energy you need to get through the day. Americans should eat 6 to 11 servings a day, so here are some hints to help you Grab More Grains throughout the day:

- **Shapes and sizes.** Bread isn't the only grain food. Cereal, crackers, tortillas, breadsticks, pasta and bagels are other great ways to grab more grains.
- **How much?** One serving is easier than you think. A slice of bread, a waffle, four saltine crackers, a small tortilla or one-half of a regular bagel equals a serving. A sandwich with two slices of bread is actually two servings!
- **Love your leftovers.** Cook enough pasta for three different meals with three different toppings, such as: spaghetti sauce, parmesan cheese and spices or zesty salsa.
- **What more could a family want?** Grain foods are usually inexpensive, low-fat, low-calorie, filling, easy to prepare and versatile. Eat cereal dry as a snack or with milk for breakfast. Use tortillas for soft tacos or wrap a sandwich.
- **Quick, easy and healthful.** A simple way to add more grain foods to your meal: Try putting a grain food like pasta in the center of your plate and surround it with cooked vegetables and meat.
- **Make your own pizza night.** Top bagel or English muffin halves with mozzarella cheese, pizza sauce and vegetables. It's so easy, so much fun, and surprisingly healthy.

# Grab More Grains

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## Get 6 to 11 a Day!

**Foods like bread, cereal, spaghetti, rice and tortillas give your body energy. There are many to choose from — and they don't cost a lot. Eat at least 6 of these foods every day.**

### Shopping:

- Try something new. Try a whole-grain bread, a new kind of bagel or a new shape of pasta.
- Stock up on grain foods for healthy snacks. Pretzels, bread sticks, tortillas, crackers and cereal give you and your family energy.
- Look for supermarket “day-old” specials on bread and rolls. They cost less and taste just as good.

### Making dinner:

- Pass the bread basket. Let kids have their favorite kind of bread for dinner.
- Serve rice or noodles with vegetables like peas, carrots or broccoli.
- 10-Minute Meal: Boil pasta noodles with frozen vegetables (like a broccoli, cauliflower and carrot blend). When vegetables are tender and noodles are cooked, drain off liquid and pour on your favorite spaghetti sauce. Heat for a little bit longer. Then serve with grated cheese, bread sticks and low-fat milk or fruit juice.

### Feeding picky kids:

- Let your kids help make snacks like crispy rice treats or peanut butter and jelly on toast.
- Mix two or three kinds of cereal together with pretzels.
- Toast a breakfast waffle and spread it with jam.
- Leftover macaroni and cheese is always a favorite.

