

Whole Grains

Happy Kids, Happy Tummies



Whole Grain Know-How

Whole-grains are great for your heart and digestion.

Make potty time easier by giving your child more whole grains. This helps them AND you!

How Can You Tell if It's Whole Grain?

Some foods are always whole-grain, like:

- oatmeal
- brown rice
- wild rice
- and popcorn.

(Popcorn is a choking risk for children under 4 years of age.)



What Does the Package Say?

It needs to say

1. "100% whole wheat" OR
2. "100% whole wheat" OR
3. list "whole" before the first ingredient on the ingredient list. If it's listed there, it's whole grain!

Whole-Grains in the Kitchen

Your little ones learn from watching you. If you eat whole grains, your kids will too!

What counts as one serving of whole-grain?

- 1 regular slice of whole-grain bread
- 1 cup dry, ready-to-eat, whole-grain cereal flakes
- 1/2 cup cooked brown or wild rice, oatmeal, or whole-grain pasta
- 1 whole-grain tortilla (6-inch diameter)
- 1 pancake (5-inch diameter) made with whole-grain flour
- A small, whole-grain muffin

Physical Fun



Your kids love playing games with you.

Take them on a “Whole Grain Hunt” at the grocery store.

- “Hunt” for the Whole Grain Stamp listed on cereals, breads, and some pastas.
- Let your kids choose which of those foods to buy and eat that week.



EAT 48g OR MORE OF WHOLE GRAINS DAILY



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Courtesy Oldways and the Whole Grains Council, www.wholegrainscouncil.org.

Whole-Grain Recipes Rule

Here are a few quick and fun ways to make whole-grain foods part of your child’s day.

Pass the Pasta –

- Mix together different shapes and colors of whole-wheat pasta
- Sprinkle with olive oil and low-fat cheese.
- Add chopped veggies and tomato sauce.

Peanut Butter and Banana on a Roll-Up –

Spread 1 tablespoon of peanut butter on a slice of 100% whole-grain bread or whole-grain tortilla. Add half a banana and roll it up. .

Quick Quesadilla – Place one slice of low-fat cheese on a whole-wheat tortilla. Add chopped onions, peppers, or other colorful veggies and microwave until the cheese melts (45-60 seconds).

Sneak Attack – Add oatmeal, cooked brown rice, whole-corn meal or whole-wheat breadcrumbs to casseroles. Use half whole-wheat flour and half all-purpose flour when making pancakes or muffins.



Remember to Start Early!

Even very young children can enjoy the goodness of whole grains. When starting finger foods (at about 9 to 12 months), offer whole-grain breads, dry cereals, well-cooked pasta, crackers, tortillas, or other whole-grain items that are easy to chew and swallow.

For tips visit us at:



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