



Whole Grains Make a Difference

Children, like adults, need whole grains every day. Whole grains have B vitamins, minerals, and fiber to keep your child strong and healthy. It's easier to get your child in the habit of eating and enjoying whole grains if you start when they are young. At child care, we include whole grains at meals and/or snacks.

Here are some ways you can enjoy whole grains at home. Check off the ones you have tried. Add your own ideas to the list, too!

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|---|--|
| <input type="checkbox"/> Whole-wheat bread, rolls, bagels | <input type="checkbox"/> Whole-wheat waffles or pancakes |
| <input type="checkbox"/> White whole-wheat bread | <input type="checkbox"/> Whole-wheat crackers |
| <input type="checkbox"/> Whole-grain cereal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-wheat pasta | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-grain tortillas | <input type="checkbox"/> _____ |

Whole Grains: How Much Is Enough Each Day?

Q: How many whole grains should my family eat every day?

A: In general, most adults need to eat about 6 to 8 ounces of grains daily. Examples of grains include bread, cereal, pasta, rice, and tortillas. Preschoolers* need less – about 4 to 5 ounces. A good rule of thumb is that at least half of these grains should be whole grains. That’s about 3 ounces of whole grains for adults each day, and 2 ounces of whole grains for preschoolers.

*For preschoolers that are moderately active.

Q: How can I tell if a grain is a whole grain?

A: Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list:



Try it out!

Which of the following foods is a whole grain? Circle your answer.

(A) Bread

Ingredients: whole-wheat flour, malted barley flour, niacin, iron, riboflavin, folic acid

(B) Tortilla

Ingredients: wheat flour, soybean oil, salt, corn, starch, wheat starch

(C) Roll

Ingredients: unbleached enriched wheat flour, sugar, salt, soybean oil, and yellow corn meal

Answer Key: A is a whole-grain because it has whole-wheat flour as the first grain ingredient. Whole-wheat is a whole grain.

