



# 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!**

- Whole-wheat bread, rolls, bagels
- White whole-wheat bread
- Whole-grain cereal
- Brown rice
- Whole-wheat pasta
- Oatmeal
- Whole-grain tortillas
- Whole-wheat waffles or pancakes
- Whole-wheat crackers
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# 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.

