



## Whole Grains

“Make a Difference”

Laurel County

WIC Program

Spring/Summer 2014

## Whole Grains and Your Family’s Health

Whole grains are rich sources of vitamins, minerals, fiber and other nutrients that help keep your kids healthy and strong. Make sure your kids get the goodness of this “whole” nutrition every day.



## How to Tell If It Is a Whole Grain?

Choose foods that are naturally whole grains: Some foods are always whole grains, like oatmeal, brown rice, wild rice and popcorn.

Check the information on the package: Buy bread, cereal, tortillas, and pasta with “100% whole grain” or “100% whole wheat” on the package. Any other words such as: 100% wheat, multi-grain, contains whole grain, 7 grains, made with whole grains, usually means that the product is not 100% whole-grain.

Check the ingredient list: Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients include: brown rice, buckwheat,

## How much whole grains should my family eat every day?

bulgur, oatmeal, quinoa, rolled oats, whole-grain barley, whole oats, whole wheat, wild rice, etc.

In general, most family members need to eat about 6-8 ounces of grains daily. Younger kids (age 8 or less) need a little less – about 3-5 ounces. A good rule of thumb is that at least half of these grains should be whole grains. (Some active children may need more calories and therefore more grains. Check with your WIC nutritionist if you think your child may need more calories.)



# What Counts as an Ounce of Whole Grains?

- 1 regular slice of whole-grain bread
- 1 cup dry ready-to-eat whole-grain cereal flakes
- ½ cup of cooked brown or wild rice, oatmeal or whole grain pasta
- 1 whole-grain tortilla (6 inches diameter)
- 1 pancake (5 inches diameter) made with whole-grain flour
- A small whole-grain muffin



## Fitting Whole Grains into Your Preschooler's Day

- **Start the day with whole-grains:** combine two or three of their favorite whole-grain cereals with different shapes, top oatmeal with a favorite fruit and spices.
- **Create fun snacks:** pack a sandwich bag with a little whole-grain dry cereal for tyour kids to eat at the park, mall or grocery store, serve whole-grain crackers with soup or salads for lunch and serve them with low-fat cheese and a slice of tomato on top for a quick snack.
- **Make quick and easy meals with whole-grains:** create a sandwich with a whole-grain pita, make a healthy pizza with a whole-grain tortilla or english muffin as the crust, try different shapes and colors of whole-wheat pasta, or use whole-wheat tortilla to make a healthy quesadilla.

For more information on whole grains, visit any of the following websites:

<http://wholegrainscouncil.org/>

<http://choosemyplate.gov/>

<http://snap.nal.usda.gov/resource-library/eat-healthy-every-day/whole-grains>



*Information shared from USDA/FNS Core Nutrition Messages.*

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