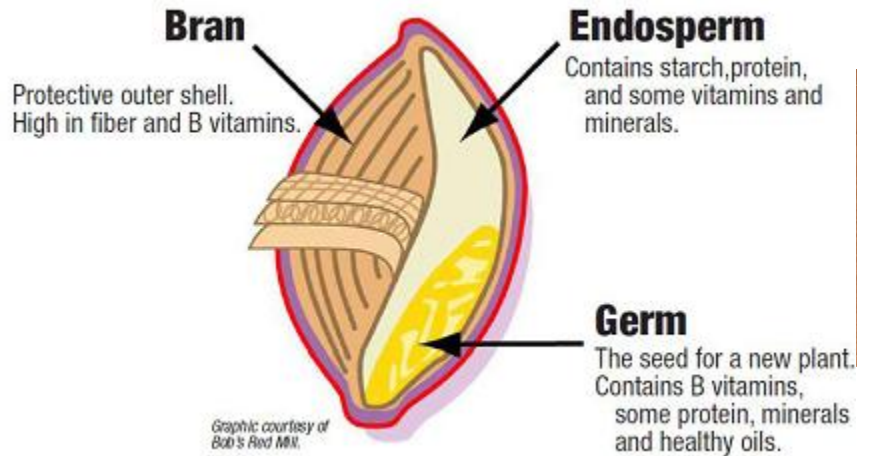


## Wholesome Whole Grains

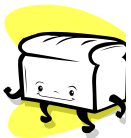


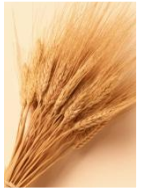
This month your child learned about whole grains. Whole grains have all three parts of the grain intact. Whole grains provide our bodies with fiber, vitamins, minerals, protein and healthy fats. It is important to have a diet that includes whole grains every day.

Many foods we buy at the store are not whole grains. Processed grains are missing the fiber and most of the other nutrients the whole grain provides.



***Aim to make half of the grains you eat everyday whole grains!***

Here are a few ways you can make small changes to incorporate whole grains into your diet every day:

<u>Instead of this...</u>		<u>Choose these!</u>	
	White Bread  White Rice White Pasta	100% Whole Wheat Bread Multi-Grain Bread  Brown Rice Whole Wheat Pasta	
	Frosted Flakes Fruit Loops Chips	Cheerios Shredded Wheat  Air-Popped Popcorn or Low-fat packaged popcorn	

Here's an easy whole grain breakfast to make with your child.

### **Apricot Cinnamon Couscous**

- One 15 oz can apricots or other fruit packed in unsweetened juice
- 3 cups cooked whole wheat couscous
- ½ teaspoon cinnamon
- 1 tablespoon butter
- Honey for drizzling on top

**Directions:** Drain juice of the fruit. Combine all ingredients. Enjoy!

