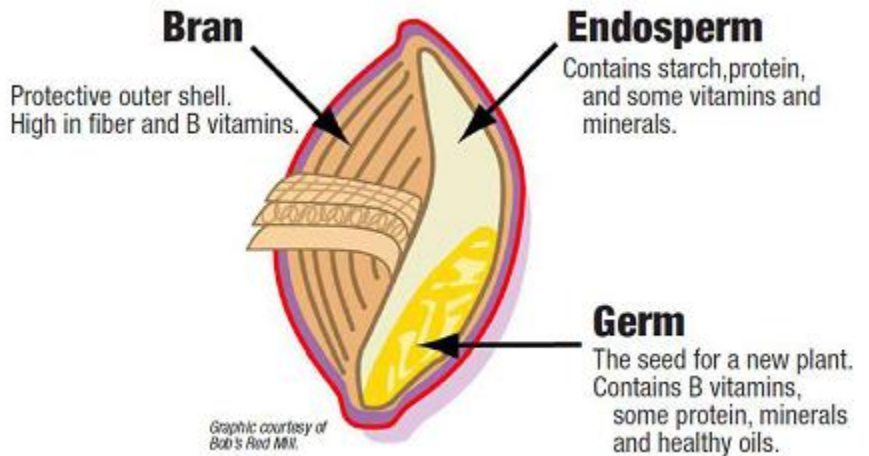


Wholesome Whole Grains

This month your child learned about whole grains. Whole grains have all 3 parts of the grain intact. Whole grains provide our bodies with fiber, vitamins, minerals, protein and healthy fats. So 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> White Bread		<u>Choose these!</u> 100% Whole Wheat Bread Multi-Grain Bread	
	White Rice White Pasta		Brown Rice Whole Wheat Pasta	
	Frosted Flakes Fruit Loops		Cheerios Shredded Wheat	
	Chips		Air-Popped Popcorn or Low-fat packaged popcorn	

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

Apricot Cinnamon Couscous

- One 15oz 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 fruit of juice. Combine all ingredients. Enjoy!

