



Start them early with Whole Grains

Start them while they're young.

When you introduce whole-grain foods to children when they are young, it helps them learn to love them.

Start the day the whole grain way.

- **Cereal Mixer** – Combine two or three of their favorite whole-grain cereals with different shapes. Talk about the shapes to help them learn to name them.
- **Oatmeal Topper** – Top it with a favorite fruit and spices.
- **Wake and Make Burrito** – Stuff a whole-grain tortilla with chopped veggies, scrambled eggs and low-fat cheese.



Quick Fact

Whole grains are rich sources of vitamins, minerals, fiber and other nutrients that help keep your kids healthy and strong.

Create Fun Snacks

- **Pre-pack Your Snacks** – Pack a sandwich bag with a little whole-grain dry cereal for your kids to eat at the park, mall or grocery store.
- **Crack Them Up** – Serve whole-grain crackers with soup or salads for lunch. Serve them with low-fat cheese and a slice of tomato on top for a quick snack.



Quick Fact

These foods are always whole grain. Oatmeal, brown rice, wild rice, pop corn.

Make Quick and Easy Meals with Whole Grains

- **Make a Healthy Pizza** – Top a whole-grain tortilla or English muffin with fresh tomato slices, low-fat cheese, leftover chicken or other lean meat and pizza spices. Heat and serve!
- **Pass the Pasta** – Try different shapes and colors of whole-wheat pasta. Sprinkle it with a little olive oil and low-fat cheese. Add chopped veggies and spices or tomato sauce for a quick lunch or dinner. Use whole-grain pasta for your macaroni and cheese recipes and other family favorites, too.



Quick Fact: How to tell if it's a 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.