



Whole Grains



Circle the foods that are Whole Grains:

Brown Rice

White Bread

Noodles

Lucky Charms

Flour Tortillas

Oatmeal

Rice

Quinoa

Popcorn

Buckwheat

Grits

Whole Wheat Bread

Pita Bread

Wild Rice

Saltines

Whole Wheat tortilla

Fill in the blank using the words below. Each word is used once.

Energy

Whole

Refined

Brown

Fiber

1. Fiber is an important nutrient in whole grains that helps with digestions and can help maintain a healthy heart
2. Eat 6 servings of grains per day, making half Whole grains.
3. Refined grains do not contain a lot of fiber, vitamins or minerals.
4. Whole grains are an important source of Energy for our bodies, allowing us to run, play and study.
5. Just because bread is Brown doesn't mean its whole grain.

How can you increase your Whole Grain intake? List a whole grain that you could add to each meal.

Breakfast Choose a whole grain cereal, try to eat oatmeal 3 times per week

Lunch Make sandwiches on whole grain bread, use whole grain tortillas

Snack Make some air-popped popcorn

Dinner Make brown rice or quinoa as a side, use whole wheat pasta