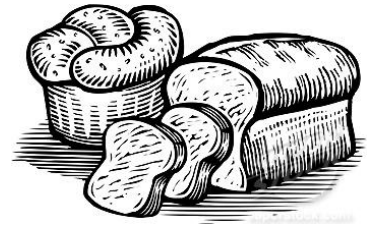




Whole Grains



Circle the foods with 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

- _____ is an important nutrient in whole grains that helps with digestion and can help maintain a healthy heart.
- Eat 6 servings of grains per day, making half of your grains _____.
- _____ grains do not contain a lot of fiber, vitamins or minerals.
- Whole grains are an important source of _____ for our bodies, allowing us to run, play and study.
- Just because bread is _____ doesn't mean it is whole grain.

How can you eat more whole grains? List a food with whole grain that you could add to each meal.

Breakfast _____

Lunch _____

Snack _____

Dinner _____

