



Take Home # 4 Parent Tips and Kidz Pantry

Parent's Corner

Quick Nutrition Messages

Some grains are healthier than others. Healthy sources of grains include:



Whole-Grain Cereal	100% Whole Grain Pasta
100% Whole-Grain Bread and Pancakes	Corn meal or oatmeal
Popcorn	Brown Rice



Whole-grain foods provide us with energy, fiber, and contain vitamins and minerals we need to be active and be alert throughout the day.

Tips to Remember

- ❖ Choose 100% whole grain products. Check your food labels and be sure the first ingredient listed is whole grain.
- ❖ The next time you make pasta at home, try whole wheat pasta instead of the normal white pasta. It is a delicious way to eat whole grains.
- ❖ When you go out to eat pizza or make it at home, try using a whole wheat crust. Your child won't even taste the difference!

Kidz Corner

Instructions: Go through your home pantry and choose items that are part of the grains group. Circle or highlight the whole grain items within the list of foods.



List of Grains in Your Pantry	

How many of these were whole grain foods? _____.