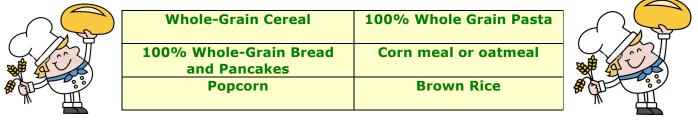


# Take Home # 4 Parent Tips and Kidz Pantry

# Parent's Corner

#### **Quick Nutrition Messages**

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



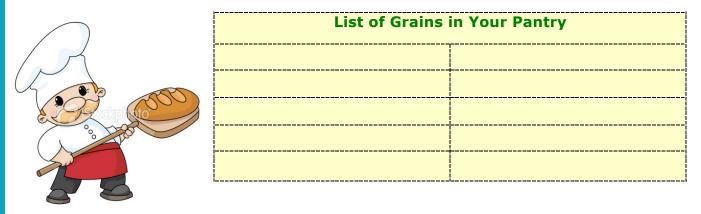
Whole-grain foods provide us with energy, fiber, and contain vitamins and minerals we need to be active and be alert throughout the day.

#### **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.



## How many of these were whole grain foods?\_\_\_\_\_\_.

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