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I want to grow up
HEALTHY, so please
serve me more
WHOLE GRAINS.

Offer me whole grains at meals
and snacks

Understand that my body
needs the good things found
in whole grains

Teach me to look for a whole
grain as the first item listed on
packaged foods

Serve me fewer processed
or refined grains

**Remember to set a good
example for me by also eating
whole grains**



Contra Costa
Child Care Council
www.cocokids.org





Check list:

- Limit processed refined grains**
Refined grains, such as white bread, white pasta, and white rice, have had most of the natural fiber and nutrients removed. These may cause you to get hungrier faster.
- Instead, choose whole grains**
Some examples of whole grains include whole wheat, cracked wheat, bulgur, barley, oatmeal, whole corn meal, whole wheat pasta, millet, brown rice and many more. They contain all of the nutrients in the whole grain and are an excellent source of fiber.

**Be a good role
model, so your
children can learn
from you as you eat
together**