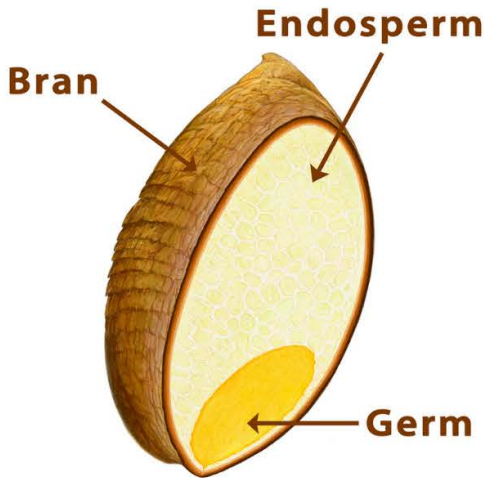


# Whole Grains



When choosing Grains, make at least half of them Whole Grains!

## Where can you find Whole Grains on your menu?

- Whole Wheat Bread
- Brown Rice
- Whole Grain Tortillas
- Whole Wheat Pasta
- Oats from Homemade Granola
- Whole Grain Biscuits
- Whole Grain Pancakes

## Whole Grain Activity



Scan the QR code with your phone's camera to learn more!

## Did you Know?

Whole Grains are called "Whole Grains" because they contain all three parts of the grain (see photo on left)

White, or Enriched, Grains only contain the white part (endosperm)

Whole Grains contain the bran and germ when ground, which gives them a brown color

Containing the bran and germ, Whole Grains also give you energy and provide fiber, which keeps you feeling fuller longer!

## #YourTrayYourWay

