How Can You Tell if It’s Whole Grain?

Some foods are always whole-grain, like:

- oatmeal
- brown rice
- wild rice
- and popcorn.

(Popcorn is a choking risk for children under 4 years of age.)

What Does the Package Say?

It needs to say

1. “100% whole wheat” OR
2. “100% whole wheat” OR
3. list “whole” before the first ingredient on the ingredient list. If it’s listed there, it’s whole grain!

Whole-Grains in the Kitchen

What counts as one serving of whole-grain?

- 1 regular slice of whole-grain bread
- 1 cup dry, ready-to-eat, whole-grain cereal flakes
- 1/2 cup cooked brown or wild rice, oatmeal, or whole-grain pasta
- 1 whole-grain tortilla (6-inch diameter)
- 1 pancake (5-inch diameter) made with whole-grain flour
- A small, whole-grain muffin
Here are a few quick and fun ways to make whole-grain foods part of your child’s day.

### Pass the Pasta –
- Mix together different shapes and colors of whole-wheat pasta
- Sprinkle with olive oil and low-fat cheese.
- Add chopped veggies and tomato sauce.

### Peanut Butter and Banana on a Roll-Up –
Spread 1 tablespoon of peanut butter on a slice of 100% whole-grain bread or whole-grain tortilla. Add half a banana and roll it up.

### Quick Quesadilla –
Place one slice of low-fat cheese on a whole-wheat tortilla. Add chopped onions, peppers, or other colorful veggies and microwave until the cheese melts (45-60 seconds).

### Sneak Attack –
Add oatmeal, cooked brown rice, whole-corn meal or whole-wheat breadcrumbs to casseroles. Use half whole-wheat flour and half all-purpose flour when making pancakes or muffins.

Remember to Start Early!

Even very young children can enjoy the goodness of whole grains. When starting finger foods (at about 9 to 12 months), offer whole-grain breads, dry cereals, well-cooked pasta, crackers, tortillas, or other whole-grain items that are easy to chew and swallow.