What are whole-grain foods? How much should your child eat?
Your child should eat at least three servings of whole-grain foods each day. Breakfast is a great time to start. Check the ingredient label and buy products that list 100% whole-wheat flour or 100% whole grain as the first ingredient.

Common whole-grain foods include:
- Whole-wheat bread
- Whole-wheat pasta
- Corn tortillas
- Brown Rice
- Oatmeal
- Barley

Give your family the goodness of whole grains!

Corn Tortilla (makes 2 child-size servings)
- 1 corn tortilla*
- ½ cup cooked black beans*
- ¼ cup cheese*, shredded
Layer black beans and cheese over tortilla. Fold and serve.

Peanut Butter and Banana Bagel (makes 2 child-size servings)
- 1 whole-wheat bagel
- 2 tablespoons peanut butter*
- ½ banana*, sliced
Spread bagel with peanut butter. Top with banana slices.

Fabulous French Toast (makes 4 child-size servings)
- 2 beaten eggs*
- ¼ cup low-fat milk*
- 1 teaspoon cinnamon
- 2 slices whole-wheat bread*
Mix eggs, milk and cinnamon together. Dip bread in egg mixture to cover both sides. Cook in skillet covered with non-stick spray over medium heat until golden brown.

*WIC supplemental food

For more information, go to http://bit.ly/usda_grains

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