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. Dinner is a great way to include nutritious whole grains in your child's diet. 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

Why are whole grains a healthy choice for your child to eat?
- Maintain a healthy weight
- Promote a healthy digestive system
- Keep a healthy heart
- Provide vitamins and minerals for overall good health

Give your family the goodness of whole grains!

**Whole-Wheat Pita Pizza** (makes 2 child-size servings)
- 1 whole-wheat pita
- 2 tablespoons tomato sauce
- 1 slice low-fat mozzarella cheese*
- ½ cup favorite chopped vegetables* (try mushrooms, peppers and tomatoes)

Pre-heat oven to 425 °F. Spread sauce on pita and top with cheese. Sprinkle with vegetables. Cook for 8 minutes or until pita reaches desired crispness.

**Southwest Brown Rice** (makes 4 child-size servings)
- 1 cup brown rice,* cooked
- ½ cup of sautéed red peppers*
- ½ cup of sautéed onions*
- ½ cup cooked diced chicken

Mix ingredients together. Top with cheese, low-fat sour cream and salsa to add south-of-the-border flavor to your meal.

**Whole-Wheat Pasta** (makes 4 child-size servings)
- 1 cup whole-wheat pasta, cooked
- ½ cup prepared spaghetti sauce
- ¼ cup low-fat cheese*, shredded

Pour sauce over pasta and sprinkle cheese on top. Heat and serve.

*WIC supplemental food

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

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