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. Include whole-grain foods as part of your child’s lunch for an energy-filled day. 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

Whole Grains Make a Difference!

Tasty LUNCH Ideas

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 Stuffed Pita (makes 2 child-size servings)
- 1 whole-wheat pita, 6 inch round
- ¼ cup cottage cheese
- ½ cup chopped vegetables* (try carrots and broccoli), raw or cooked
Spread cottage cheese inside pita and stuff with vegetables.

Tuna Salad Tortilla (makes 2 child-size servings)
- 1 whole-wheat tortilla*
- ½ cup tuna,* canned and drained
- 2 teaspoons mayonnaise
- ¼ cup diced celery*
Mix tuna, mayonnaise and celery together. Spread over tortilla. Fold and serve.

Whole-Wheat Pasta Salad (makes 8 child-size servings)
- 4 cups cooked whole-wheat pasta
- ¼ cup cucumber*
- ¼ cup shredded carrots*
- ¼ cup diced tomatoes*
- ½ cup ranch dressing
Mix ingredients. Stir and serve.

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

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

*WIC supplemental food