Whole Grains Make a Difference!
Tasty SNACK 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

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. Snacks are an easy way to include 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

Give your family the goodness of whole grains!

Multi-grain Yogurt Sundae (makes 2 child-size serving)
- 1 cup strawberry low-fat yogurt
- ½ cup fruit* (try peaches, blueberries or strawberries)
- ½ cup Multigrain Cheerios*
Layer a glass with yogurt, sliced fruit and Multi-grain Cheerios.

Parmesan Popcorn (makes 2 child-size servings)
- 2 cups popcorn
- 2 tablespoons parmesan cheese
- 2 tablespoons raisins
Mix ingredients and serve.
Be Careful! Popcorn is not safe for children under 4. It can cause choking.

Applesauce Toast (makes 2 child-size servings)
- ¾ cup unsweetened applesauce
- ½ teaspoon brown sugar
- 1 slice whole-wheat bread*
- Cinnamon
Mix applesauce and brown sugar. Toast the bread. Spread applesauce on toast. Sprinkle with cinnamon.

*WIC supplemental food

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