

Whole Grains

Moms of Preschool-Aged Children (Age 2-5)



New



Give yourself and those you love the goodness of whole grains. Make at least half of the grains you eat whole grains – such as bread, tortillas, pasta and cereals. Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.



Whole grains make a difference. Whole grains help keep your heart healthy and are good for digestion and a healthy weight. Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or check the ingredient list to see if the word “**whole**” is before the first ingredient listed (for example, *whole* wheat flour). If it is, it’s whole-grain.



Start them early with whole grains. It’s easy to get your kids in the habit of eating and enjoying whole grains if you start when they are young. Whole grains give your kids B vitamins, minerals and fiber to help them be strong and healthy.



Happy Kids, Happy Tummy. Serve your little ones whole grain versions of their favorite bread, cereal or pasta. It’s a simple way to help them eat more whole grains. And, eating more whole grains that are higher in fiber can make potty time easier, too.