

WHOLE GRAINS:

How Much To Offer Each Day



* Keep in mind that *whole grains are much more nutritious* than refined grains. The fiber in whole grains helps us feel full and keeps us from overeating.

When we eat refined grains, we feel hungry shortly after eating them. This can lead to overeating and overweight.



Make half your grains whole grains!
Choosing and offering whole grains will give your family the *most* nutrition.



RECOMMENDED AMOUNTS OF GRAINS TO OFFER EACH DAY

Offer **1 AND 2 YEAR OLDS** ----> **5-6** toddler-sized portions every day

Offer **3 AND 4 YEAR OLDS** ----> **4-5** preschooler-sized portions every day

Use these amounts only as a guide. The exact amount your child needs will vary based on their age, height, weight, and activity level.



The minerals and B vitamins found in whole grains help us build strong bones and keep our immune system healthy.

GRAINS HOW MUCH IS A PORTION?

Choose whole grain versions when possible

EXAMPLES OF TODDLER-SIZED PORTIONS

- ½ slice bread or tortilla
- ¼ cup cooked grains: rice, pasta, couscous, quinoa, barley, buckwheat, bulgur, oatmeal
- ½ cup ready to eat cereal
- 2-3 small crackers

EXAMPLES OF PRESCHOOLER-SIZED PORTIONS

- 1 slice bread or tortilla
- ½ cup cooked grains: rice, pasta, couscous, quinoa, barley, buckwheat, bulgur, oatmeal
- 1 cup ready to eat cereal
- 4-6 small crackers

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COMMON WHOLE GRAINS:

- › Brown rice
- › Oats/oatmeal
- › Whole wheat/whole grain tortillas
- › Corn tortillas
- › Whole grain cream of wheat
- › Whole wheat pasta
- › 100% whole wheat bread
- › 100% whole wheat buns
- › Whole grain crackers



* *Fiber may help lower cholesterol levels and reduce the risk of heart disease, obesity, and type 2 diabetes.*



Take This Lesson to Learn:

- The difference between whole grains and refined grains.
- The important nutrients whole grains provide.
- Meal and snack ideas for your family, including recipes!

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category:
Choosing Healthy Foods
- Choose the lesson:
Go For Whole Grains

MORE WHOLE GRAINS TO TRY:

- › Amaranth
- › Barley
- › Buckwheat
- › Bulgur
- › Farro
- › Freekeh
- › Kamut
- › Millet
- › Polenta
- › Quinoa
- › Sorghum
- › Spelt
- › Teff
- › Wheat berries



* *Fiber also helps our bowels to properly function.*

