

WAYS TO EAT MORE WHOLE GRAINS

- Choose **100% whole wheat** breads, tortillas, bagels and pita pockets.
- Try plain popcorn or brown rice cakes.
- Choose whole wheat pasta.
- Add brown rice, barley or other whole grains to your soups and casseroles.
- Substitute half the white flour with whole wheat flour in your regular recipes for cookies or muffins.
- Try one of these whole grain WIC cereals: Cheerios, Mini-Wheats, Life, Oatmeal Squares, or Instant Oatmeal.
- Experiment with new recipes. Check out cookbooks from your local library.



NEW WIC FOODS

Starting October 2009, WIC will offer the following whole grain foods to children and most women:

- **100% Whole Wheat Bread, Buns or Rolls**
- **Brown Rice**
- **Oatmeal**
- **Corn Tortillas**
- **Whole Wheat Tortillas**
- **Bulgur**
- **Whole Grain Barley**

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This institution is an equal opportunity provider.
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CHOOSING WHOLE GRAINS

Look at the *food label*, not at the color of the food.

- Look for **100% whole wheat** on the front label when choosing breads.
- Not all brown bread is 100% whole grain.
- Look for the foods with a **whole grain** listed as the first ingredient.

Ingredients:

Whole wheat flour, water, brown sugar, yeast, wheat gluten, soybean and/or canola oil, salt.



Beware of tricky food labels:

- “*made with whole grain*” means it contains some whole grain, but not much.
- “*100% wheat*” does not mean 100% whole wheat. This just means the only grain used is wheat.
- “*multigrain*” means it contains more than one kind of grain but they may not be **whole** grains.

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