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I want to grow up  
**HEALTHY**, so please  
serve me more  
**WHOLE GRAINS.**

Offer me whole grains at meals  
and snacks

Understand that my body  
needs the good things found  
in whole grains

Teach me to look for a whole  
grain as the first item listed on  
packaged foods

Serve me fewer processed  
or refined grains

**Remember to set a good  
example for me by also eating  
whole grains**



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### Check list:

- ❑ **Limit processed refined grains**  
Refined grains, such as white bread, white pasta, and white rice, have had most of the natural fiber and nutrients removed. These may cause you to get hungrier faster.
- ❑ **Instead, choose whole grains**  
Some examples of whole grains include whole wheat, cracked wheat, bulgur, barley, oatmeal, whole corn meal, whole wheat pasta, millet, brown rice and many more. They contain all of the nutrients in the whole grain and are an excellent source of fiber.

**Be a good role  
model, so your  
children can learn  
from you as you eat  
together**