

Enjoy Whole Grain Foods



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Help children learn to eat and enjoy whole grain foods by starting when they are young.

Offer breads, cereals, and pasta made from whole grains. Try whole grains like barley, brown rice, millet, oats, rye, quinoa, or whole wheat.

Try these tasty whole grain meal and snack ideas:

- Top berries, other fruit, or yogurt with oats.
- Mix 2 or 3 whole grain cereals that have different shapes.
- Serve whole grain crackers with soup or top them with hummus or cheese.
- Use a whole grain pita or English muffin as the base for a quick and easy pizza.
- Bake with whole grains. Use recipes with whole grains or replace $\frac{1}{2}$ the white flour with whole grain flour.



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/HealthyEatingStartsHere), and for recipes using whole grains visit [AHS.ca/Recipes](https://www.alberta.ca/Recipes)

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