



## Fitting in whole grains!

It's easy to get children in the habit of eating and enjoying whole grains if you start when they are young. Offer breads, cereals and pasta made from whole grains. Try whole grains like whole grain whole wheat, brown rice, barley, rye, oats, millet or quinoa.

### It's easy to make tasty whole grain meals and snacks!

- Oatmeal topper. Top berries or other fruit or yogurt with oats.
- Cereal mixer. Combine two or three whole grain cereals with different shapes.
- Cracker combos. Serve whole grain crackers with soups or top with cheese or hummus.
- Whole grain pizza. Use a whole grain English muffin or pita as the base for your pizza.
- Bake with whole grains – look for whole grain recipes or replace  $\frac{1}{2}$  of the white flour with whole grain flour when baking.



For recipes using whole grains, visit [Inspiring Healthy Eating](#) on the [Healthy Eating Starts Here](#) website.