

Look for Whole Grain Foods



Offer children whole grain foods every day.

Whole grain foods have fibre and other nutrients that help children be healthy.

Use these tips to find whole grain foods:

- In the ingredient list on the food label look for the words “whole” or “whole grain” in front of the grain. For example, whole grain, whole wheat, whole rye, or whole grain or hulled barley.
- Choose grain products with whole grains listed as the first grain ingredient.
- Multi-grain foods have more than one type of grain, but they may not be whole grains. Read the ingredient list to find out if there are any whole grains in the food.
- Some grains such as oats or oatmeal, quinoa, bulgur, wild or brown rice, sprouted wheat or cornmeal are used only as whole grains. They don’t need the words “whole” or “whole grain” in front of them.



For more information:

Visit AHS.ca/HealthyEatingStartsHere

and [Choose Whole Grains](#)

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