Healthy choices for your family!

To get the most nutrients from a grain food, choose a whole grain that contains all three parts of the kernel: the bran, endosperm and germ. A refined grain only contains the endosperm.

**Make half your grains**

**WHOLE GRAINS.**

<table>
<thead>
<tr>
<th>WHOLE GRAINS</th>
<th>REFINED GRAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>bran</td>
<td>fiber-filled outer layer with B vitamins and minerals</td>
</tr>
<tr>
<td>endosperm</td>
<td>starchy carbohydrate middle layer with some proteins and vitamins</td>
</tr>
<tr>
<td>germ</td>
<td>nutrient-packed core with B vitamins, vitamin E, phytochemicals, and healthy fats</td>
</tr>
</tbody>
</table>

School meals serve whole grains. When you see the following on the menu, your child is eating whole grains:

- Buns/ bread
- Pizza crust
- Pancakes/ Waffles
- Cereals/ oatmeal
- Flour tortillas
- Tortilla chips
- Brown rice

Whole Grains Make a Difference

Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or, check the ingredient list to see if the word “whole” is listed before the first ingredient listed. If it is, it’s whole grain.

100% whole grain bread, buns, pasta, tortilla, brown or wild rice, 100% whole grain cereals

White bread, buns, pasta, tortilla, corn bread, white rice, low-sugar cereal, instant oatmeal

Croissants, doughnuts, sweet rolls, instant noodles, high-sugar cereals, chips, cookies

GO

SLOW

WHOA