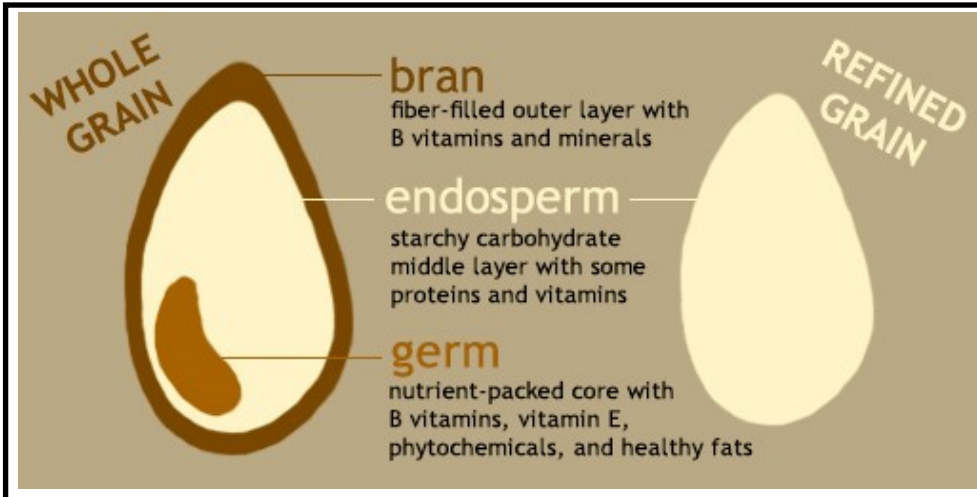


Healthy choices for your family!

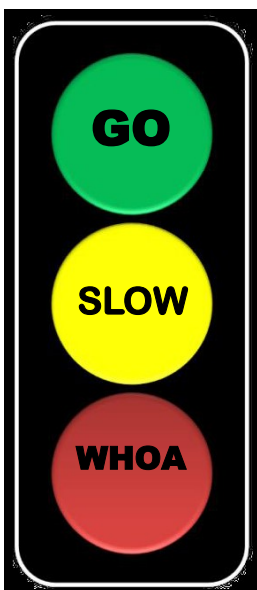


To get the most nutrients from a grain food, choose a whole grain that contains all three parts of the kernel: the bran, endosperm and germ. A refined grain only contains the endosperm.

**Make half your grains
WHOLE GRAINS.**

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**



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

