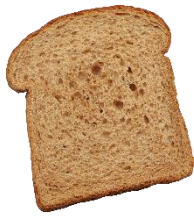


Grains

Grains are foods like bread, pasta, and oatmeal.

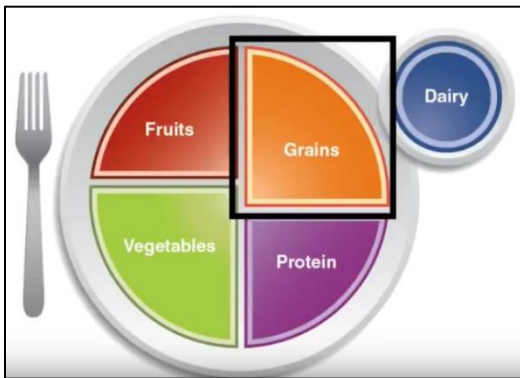


Rice, crackers, cereal, and tortillas are grains, too!



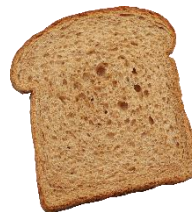
My meal has 5 parts, and 1 part should be grains.

I should have more fruits and vegetables on my plate than grains!



Some grains are better for me than others, these are called “whole grains.”

Whole grains are foods like brown rice and whole wheat bread.

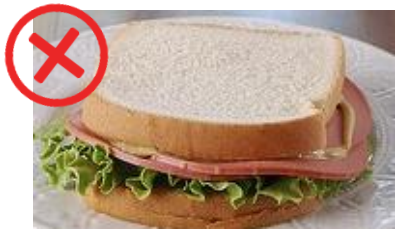


I can eat grains at every meal and make healthy choices!

For breakfast, I can choose a wheat bagel.



For lunch, I can choose wheat bread for my sandwich.



For dinner, I can choose brown rice.



For snack, I can choose popcorn or whole wheat crackers.

