



## CHOOSE WHOLE GRAIN BREAD INSTEAD.

whole grains = brain fuel + body scrub + energy boost

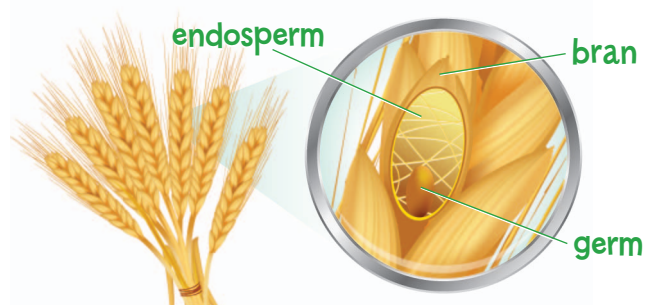
### What makes a grain whole?

Whole grains come from plants. Common whole grains are wheat, corn, brown rice, wild rice, barley, rye, bulgur, quinoa, spelt and there are many others.

A whole grain is the entire grain seed, which has 3 layers (germ, bran and endosperm).

When a grain is processed (milled, cracked, crushed, rolled, extruded or cooked) some of the layers (and valuable nutrients!) are removed, and it can no longer be called “whole.”

**Whole grains also:** have **more nutrients** and **more flavor**, help you **feel full longer** and provide **dietary fiber**, which promotes better heart and intestinal health.



## What is fiber?

Dietary fiber only comes from plant-based foods. There are two types of fiber: soluble and insoluble. Our bodies cannot digest these fibers, but both types can benefit the body by **improving digestion, keeping you “regular,” lowering cholesterol and reducing risk of heart disease and diabetes**. Once inside the digestive tract, fiber provides a “scrubbing” action and adds bulk that helps with digestion and makes you feel full. **Whole grains are one important source of fiber**. Dietary fiber is also found in legumes (peas and beans), many vegetables and some fruits.

### Look for whole grains (and fiber) in all kinds of breads:

- sandwich bread
- dinner rolls
- bagels
- English muffins
- tortillas
- flatbreads
- pita/pocket bread

## Whole Grain Scavenger Hunt

Where are the whole grains hiding? Search the bread aisle to find at least one item for each of the clues below.

- “100% whole grain” in the product name
- A whole grain as the first ingredient
- Hint:** Besides wheat, also look for “whole” oats, barley, spelt, brown rice, rye and others.
- At least 3g fiber per serving (the higher the number the better)
- Hint:** Check the Nutrition Facts label.
- The Whole Grains Council seal (which tells the amount of whole grains per serving)
- Two or more of the above clues on one package
- **BONUS!** Find a whole grain in its raw state
- Hint:** Check the bulk foods or rice aisles.



### Here’s something you “knead” to know:

One of these clues alone doesn’t always guarantee a bread is an ideal source of whole grains, but it can set you on the right track. The more clues you find on one label, the more likely it’s a whole grain winner!

### Don’t be fooled by these words!

“Whole wheat” does **NOT** always mean “whole grain,” and neither do these other common labeling words and phrases:

- made with whole grain
- enriched wheat flour
- multigrain
- stoneground
- seven grain
- bran

## Next Steps: Beyond Breads

Once whole grain breads are part of your routine, make the whole grain switch with these favorite foods, too:

- Whole grain pasta instead of white pasta.
- Brown rice instead of white rice.
- Try a new grain! Start with quinoa, bulgur or millet, which can be boiled just like rice. – <http://www.wholefoodsmarket.com/cooking/grains.php>
- Choose whole grain cereals made with oatmeal, kamut, kasha (buckwheat) or spelt.
- Toss cooked grains (especially quinoa, bulgur or millet) into salads.
- Add  $\frac{3}{4}$  cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers or meatloaf.
- When baking at home, replace half the white flour with whole wheat flour, or one-third of it with old-fashioned or quick-cooking oats.

## TIPS FOR PARENTS

### Have a picky eater?

Kids don't always welcome change. If your whole grain efforts face resistance, try these ideas. Usually once the switch is made to flavorful whole grain breads, they never want to go back!

- Start out with whole grain toast in the morning spread with a favorite, familiar topping.
- Build sandwiches with one slice white and one slice whole grain for the first week for a gradual transition.
- Let your child cut sliced whole grain bread into fun shapes with cookie cutters, then use it for toast and sandwiches.
- Make or buy whole grain croutons for soup and salad.

## 5-Minute-Prep Recipes

Let kids help with the simple steps in **bold**!

Add whole grains to your busy day with recipes that require only about 5 minutes of active prep time.

### BREAKFAST

#### Egg in a Nest

- 1. Cut a hole in the center of a slice of whole grain bread (just a circle works, or for extra fun use various cookie cutters).**
2. Lightly spray or wipe a thin layer of olive or canola oil in a skillet and warm it over medium heat.
3. Place the toast in the pan and crack an egg into the center hole.
4. Continue cooking until the bottom begins to brown, then flip to briefly cook the other side. Serve immediately.

### LUNCH

#### Quick Whole Grain Wrap

No need to fuss over a specific ingredient list. Simply pick up some whole grain tortillas, then roll 'em up with ingredients you like inside. For extra fun and easy eating, slice the finished wrap crosswise into halves or smaller "sushi-style" bites.

1. Pick a spread (nut butter, hummus, salsa or guacamole are great choices).
2. Pick 2-3 veggies or fruits (tomato, cucumber, carrots, spinach, sliced apple, sliced banana).
3. Add "extras" (cheese, olives, pickles, peppers, mustard, etc.) to suit your taste.

### DINNER

#### Whole Grain Cornbread

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 c. corn grits                    | $\frac{1}{2}$ tsp. paprika     |
| 1 c. cornmeal                      | $\frac{1}{4}$ tsp. cayenne     |
| 1 $\frac{1}{2}$ c. ground flaxseed | 1 $\frac{1}{2}$ c. almond milk |
| 1 tsp. onion powder                | $\frac{1}{2}$ c. club soda     |
| 1 tsp. granulated garlic           |                                |

- 1. Mix all ingredients together. Let mixture set for flax seed and liquid to thicken. Mixture should be wet but still pliable.**
- 2. Use a 2 oz. scoop to make balls of mixture and place them on a parchment-lined cookie sheet.**
3. Bake at 350 degrees for 15 minutes. Outside should be crisp, but inside will still be moist.

#### Whole Grain Croutons

- 1. Cut or tear any whole grain bread into small pieces** and toss it in a bowl with a light drizzle of olive oil, salt, pepper and your favorite dry spices (to taste).
- 2. Arrange on a cookie sheet in a single layer.**
3. Toast at 350 degrees in the oven until crisp.

## RESOURCES

Whole Kids Foundation  
[wholekidsfoundation.org](http://wholekidsfoundation.org)

Get involved...and help kids get more nutrition in every bite!

We offer resources to support your local schools, volunteer opportunities, sponsorships and a variety of donation methods. Because Whole Foods Market covers our core operating costs, every dollar raised goes straight to programs that make a direct impact on kids, communities and schools. Whole Kids Foundation is a 501(c)(3) organization. Donations are tax deductible to the extent allowed by law.

To learn more about our programs, partners and available grants, visit [wholekidsfoundation.com](http://wholekidsfoundation.com).

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