



The Dietary Guidelines for Americans recommend choosing a diet that is rich in fruits, vegetables and whole grains. Talking to children about what foods in each food group do in the body can get them excited about trying new foods. We encourage parents to set the example by eating whole grain products and children will soon follow this healthy eating pattern.

Whole grains contain fiber, vitamins, minerals, and antioxidants which may reduce the risk of several chronic heart diseases, diabetes, and different types of cancer. They can also help maintain a healthy weight.

The 2005 Dietary Guidelines for Americans recommends we consume at least half of our grains as whole grains (3 or more ounce – equivalents per day).

Recognizing whole grains is easy! Read the ingredient statement for the product. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. For many whole grains, the word “whole” usually is listed before the type of grain, such as “whole-wheat flour,” “whole-cornmeal” or “whole white wheat.” Rolled oats, oatmeal, brown rice, brown rice flour and wild rice are also whole grains.

Compare Nutrition Facts labels and the ingredient lists for similar foods. Choose the food with whole grains as the first ingredient. Check the Nutrition Facts label for the lowest amount of trans fat, saturated fat, sugar, sodium and cholesterol. If you have any questions please call us at 955-7539.

Joke - Just for fun:
Why is 6 afraid of 7?
Because 7 8 9!