



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

GRAINS



Dear Parent,

Today your child learned about whole grains. Whole grains are a good way to add fiber to healthful meals and snacks. Be a good role model by eating whole grains and serving your child whole grains every day. If you have questions contact your local Extension office:



- Choose whole grain foods for half of the grains (bread, cereal, rice, crackers, rolls, pasta, bagels, tortillas, etc.) you serve your family.
- Cook with whole grains like whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Simple ways to eat whole grains are sandwiches made with whole-grain breads, whole-grain breakfast cereals, and rice dishes made with brown rice.

You and your child can have fun making tasty whole-grain sandwiches together:

Grilled Cheese Sandwich

1. Place your favorite cheese between 2 pieces of whole-grain bread.
2. Lightly butter outside of bread slices. Place sandwich in a skillet and cook until golden brown on both sides.

Peanut Butter & Banana Sandwich

1. Spread peanut butter on a slice of whole-grain bread.
2. Top peanut butter with a layer of banana slices. Top with another slice of whole-grain bread.

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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.