


Nutrition

fact sheet

Go With Whole Grains For Fiber

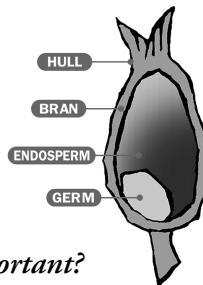


Whole grain foods contain essential vitamins and minerals that provide your children with the fuel their bodies need for energy. Plus, they contain soluble fiber, which can help your kids feel fuller longer. Read on for some helpful tools and tips to get the whole truth about whole grains.

Eating whole grain foods that are packed with fiber can help prevent your kids from becoming overweight. Learn how to incorporate more whole grain foods in your family's meals.

What are whole grains?

Whole grains are made up of all parts of the grain—the bran (or fiber-rich outer layer), the endosperm (middle part), and the germ (the nutrient-rich inner part)—so when you eat a variety of whole grain foods, you get the nutritional benefits of the entire grain!



Why are they important?

Whole grain foods like oatmeal contain essential vitamins and minerals and give your children the carbohydrate fuel their bodies need for energy. In addition, whole grains contain more of the dietary fiber and protective components that have a positive impact on overall health.

These benefits are not found in refined grains like white bread and white flour.

What about fiber?

What are its benefits?

Fiber-rich nutrient-dense foods may help prevent childhood overweight: A recent study found that the risk of obesity is lower for kids who eat oatmeal regularly compared to those who do not. And registered dietitians agree: 93% of respondents in a recent survey of nearly 1,000 American Dietetic Association members said that fiber in whole grain cereals, such as oatmeal, can help children maintain healthy body weight.

What exactly is fiber?

Fiber is a general term referring to complex carbohydrates that your body cannot digest or absorb. Although our bodies do not digest fiber, it is a component of food that promotes good health in many ways. There are two types of dietary fiber: insoluble and soluble. Soluble fiber plays a role in satiety, or how full you feel, and can offer additional

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Information

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tips on whole grains.



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WHOLE GRAIN PANTRY CHECKLIST

Whole grain foods your kids love like instant or regular oatmeal, popcorn and whole wheat bread are probably already in your pantry. Use this checklist to find a few more.

Popular Grain Items:	Whole Grain Alternatives:
<input type="checkbox"/> Pasta	<input type="checkbox"/> Whole wheat pasta
<input type="checkbox"/> Doughnuts	<input type="checkbox"/> Whole grain granola bars
<input type="checkbox"/> Waffles	<input type="checkbox"/> Whole grain waffles
<input type="checkbox"/> Cookies	<input type="checkbox"/> Hearty oatmeal cookies
<input type="checkbox"/> Muffins	<input type="checkbox"/> Whole grain muffins
<input type="checkbox"/> White bread	<input type="checkbox"/> Whole wheat bread
<input type="checkbox"/> Flour tortillas	<input type="checkbox"/> Corn tortillas
<input type="checkbox"/> White rice	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Bagels	<input type="checkbox"/> Whole grain bagels
<input type="checkbox"/> Crackers	<input type="checkbox"/> Graham crackers
<input type="checkbox"/> White flour	<input type="checkbox"/> Substitute quick or old fashioned oats for up to one third of the flour called for in recipes for baked goods.

Tips for Finding Whole Grains:

Look for a "whole grain" seal on the front of the package.

100% WHOLE GRAIN

Scan the ingredient list.

Choose foods that name one of the following ingredients first on the label's ingredient list:

- whole oats
- oatmeal
- bulgur (cracked wheat)
- whole wheat
- graham flour
- corn

benefits, such as reducing blood cholesterol levels and maintaining blood sugar levels. Insoluble fiber aids the digestive system by helping to maintain regularity.

How many servings of whole grains does my family need each day?

Children and adults should eat at least three servings of whole grain foods daily. Some examples include: a packet of instant oatmeal for breakfast, a slice of whole wheat bread with lunch and ½ cup of whole wheat pasta with dinner.

Are they already a part of our diet?

Unfortunately, chances are they're not. Recent research found that children consume only one or less than one serving of whole grains daily.

What if my kids don't/won't eat them?

Many foods your children already like contain healthy whole grains! In fact, foods like instant oatmeal and popcorn are great sources of whole grains and fiber.

Don't these foods have a lot of carbohydrates?

Carbohydrates offer many benefits. In fact, including fiber-rich, nutrient-dense carbohydrates in your family's diet will help boost energy levels and may help them eat less. Fiber is known for its satiety benefits, which can help you feel fuller longer.

How can I get more of these wholesome foods?

Use the Pantry Checklist to get some easy tips on how to stock your pantry with healthy whole grain staples.