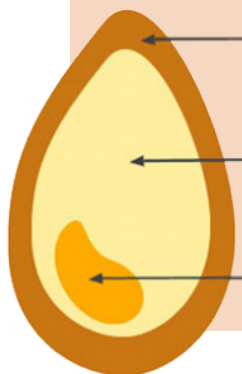


# Make your grains a **WHOLE** lot of fun!

At least half of the grain foods you eat should be whole grains.  
Whole grains have all 3 layers of the grain seed:



**Bran** - has fiber that helps us feel full, keeps our hearts healthy, and pushes food through our bodies like a broom

**Endosperm** - gives us energy

**Germ** - has B vitamins that help us turn our food into energy

Circle the healthy whole grain choice for each meal and snack.



Breakfast



Lunch



Snack



Dinner

Draw a line from the grain choice on the left to a healthier whole grain swap on the right.



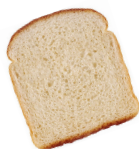
Flour tortillas



Chocolate muffin



Saltine crackers



White bread

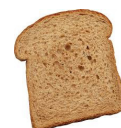


White rice

Whole wheat mini bagel



100% whole wheat bread



Corn tortillas



Brown rice



Whole grain crackers

