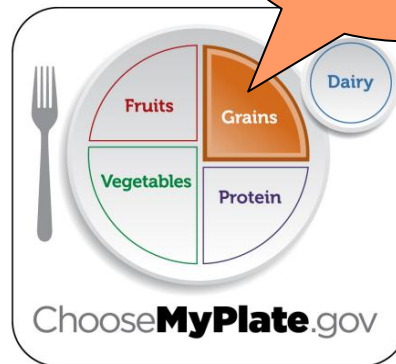


Whole grains and breads give you energy!

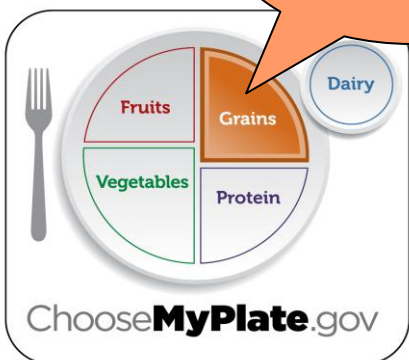
Whole grains and breads provide a variety of nutrients. One of the keys is carbohydrates, which provide energy children need to **help them move!** The energy children get from whole grains will **help them run fast and jump high!**

Children also need carbohydrates to **help them learn.** When children are offered carbohydrate foods, such as whole grains, their brains get the energy they need to function. Without this energy, their attention decreases, they may become lethargic, or they may begin to misbehave. To learn more about carbohydrates visit the Center for Disease Control (CDC) Website at <http://www.cdc.gov/nutrition/everyone/basics/carbs.html>.

Whole grains give you **ENERGY!**



Whole grains help you **LEARN!**



A benefit of whole grains is the presence of fiber. When children are offered whole grains and breads versus more processed grains and breads (such as white bread) children get the added benefit of fiber: preventing constipation, helping with feeling full, helping to regulate blood sugar levels, keeping your heart healthy, and reducing the risk for colon cancer. Essentially, whole grains and breads do wonders for the body's digestive processes.

In addition to providing fiber, whole grains and breads provide B vitamins, which are needed to help the body use the energy from carbohydrates. When whole grains and breads are eaten, B vitamins are eaten as well and the body is getting the tools it needs to use the energy it gets from these foods. Together, B vitamins and carbohydrates will provide children with the energy they need!

According to MyPlate recommendations, children between 2-5 years of age should consume 3 -5 ounces from the whole grains group. An example of a 1 ounce portion of whole grains is a slice of whole wheat bread. Ideally, foods from the grains group should be offered throughout the day. Young children should be offered food at least every 2-3 hours; foods in the grains group are an ideal food to offer as part of a meal or snack. When whole grains are offered throughout the day, children are able to get the energy they need to learn and play!

Fortunately, many caregivers find it easy to offer grains and breads, since children readily consume them. However, caregivers can broaden children's acceptance of foods from this food group by incorporating a variety of different whole grains and breads into meals and snacks. For example, offering children brown rice, whole wheat bread, and whole grain cereals, allow them to develop a taste for these foods. To learn about all the great tasting whole grain foods to offer children visit the MyPlate website at <http://www.choosemyplate.gov/foodgroups/grains.html>.

Ultimately, exposure and adults communication with children about whole grains and breads will help children learn how to enjoy them! When you offer children whole grains and breads, you are giving them foods that will:

Give you energy!
Help you move!
Help you learn!
Help you run fast and jump high!

RESOURCES FOR MORE INFORMATION:

CDC links to:

<http://www.cdc.gov/nutrition/everyone/basics/carbs.html>

What are carbohydrates?
What are types of carbohydrates?
Complex carbs
Dietary Fiber (Whole grain buzz)
Simple carbohydrates
How do I avoid sugars?
How much carbohydrate do I need?

MyPyramid links to:

<http://www.choosemyplate.gov/foodgroups/grains.html>

Help your preschooler learn to eat and enjoy whole grains.
What foods are whole grains?
Some examples of whole grains
Tips to help you eat whole grains
What counts as an ounce equivalent of grain?

