WHOLE GRAIN RICH.

We've been gradually adding whole-grain rich foods to our menus at school for years. And, within two years, ALL of the grains we serve will be whole-grain rich. Why? Whole-grain foods contain more fiber, vitamins, and minerals than refined grains. A diet rich in whole grains reduces our risk of stroke, diabetes, and heart disease by 25% or more. Whole grains are a key contributor to healthier blood pressure levels and gastrointestinal health. Whole grains even help us maintain healthy body weight.

the big number

1/2

American children and teens average one half-serving of whole grains a day. At least 3 servings are recommended.



Excellent whole grain choices include brown rice, 100% whole-grain pasta, oatmeal and other whole grain cereals, 100% whole-grain bread and rolls, and whole grain muffins, bagels, waffles, cookies, and pancakes. Plus, there are lots of different whole grains to try, like barley, quinoa, and wild rice. The possibilities -- and the benefits -- are endless!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

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WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"WHOLE GRAIN RICH"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

BROWN RICE



Brown rice is the most flavorful and healthiest kind of rice! It has more fiber, nutrients, and minerals than white rice and is the only form of rice that contains vitamin E. Try it at home and ask for it out!

LEARN EASIER

A breakfast of sugary foods and refined grains doesn't provide the fuel you need to get through the morning. A breakfast featuring whole grains and fresh fruit keeps you feeling full longer -- so you can stay alert in class!



PLAY HARDER



A bowl of whole grain cereal with a little fruit and/or nuts and non-fat milk is just the ticket for an after-school snack that provides the energy for both homework and fun!

LIVE HEALTHIER

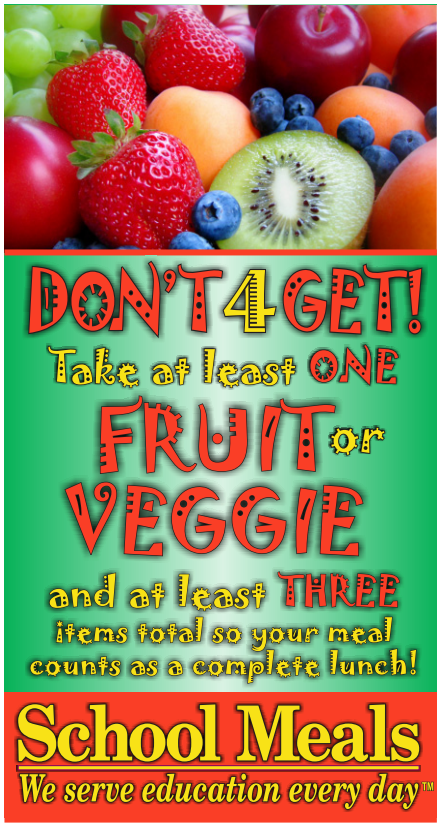


Fiber helps lower cholesterol, control blood sugar levels, and maintain healthy weight -- all while keeping our pipes in good working order! Whole grains are a great source of natural fiber, and so are fruits, vegetables, and beans and other legumes. Here's an example of how you can easily get the minimum 25 grams a day that nutritionists recommend (actual numbers may vary by serving size and brand):

1 medium fresh apple -- 4 grams
2 slices of 100% whole wheat bread -- 8 grams
1 cup of steamed broccoli -- 5 grams
1 cup salsa and 1 oz. blue corn tortilla chips -- 5 grams
1 cup whole wheat spaghetti with tomato sauce -- 6 grams

See, wasn't that easy? Try to eat more fiber!

As part of the new USDA regulations for school meals, at least 50% of all grain foods we serve are whole-grain rich, and within two years, all of the grains we serve will be whole-grain rich. We'll be telling you more about these new regulations and what we're doing for your kids on the menu and in this newsletter throughout the school year!



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