The Buzz

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🌾 WHOLE GRAINS FOR BETTER HEALTH

Whole grains are more than just tasty—they're packed with essential vitamins, minerals, and fiber. Eating whole grains regularly can help **lower the risk of heart disease and type 2 diabetes, and support a healthy digestive system**. This is especially helpful for young children who often experience constipation or irregular stools.

🍞 Easy Ways to Add Whole Grains to Your Meals

Try these simple ideas to make your menu whole grain-rich every day:

✅ Breads & Rolls
- Whole wheat rolls, sandwich bread, or toast

✅ Tortillas & Wraps
- Whole wheat tortillas for quesadillas or wraps

✅ Breakfast Favorites
- Oatmeal or ready-to-eat whole grain cereals

✅ Grains & Sides
- Brown rice or wild rice

✅ Snacks & Dippers
- Whole grain-rich crackers, pretzels, graham crackers

✅ Baked Treats
- Pancakes, waffles, muffins, or biscuits made with at least 50% whole grain flour

🔍 How to Identify Whole Grain-Rich Foods

Shopping for whole grains can be confusing. Here's what to look for:

- Whole Grain-Rich means a product contains at least 50% whole grains, and any remaining grains are enriched.
- Read the ingredient list carefully. The first ingredient should be one of these:
  - Whole wheat
  - Whole oats
  - Whole grain barley
  - Whole grain corn
  - Whole grain sorghum
  - Whole grain triticale
  - Whole rye
  - Bulgur
  - Buckwheat
  - Quinoa

Need help? The Identifying Whole Grain Rich Foods handout has more tips, or you can check the WIC Shopping List for approved products. For more information about WIC (Women, Infants & Children) and whole grain resources, visit: 👉 California WIC Website

CLICK HERE for the Link

Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Web: www.solanofamily.org
www.facebook.com/solanofamily
www.twitter@SolanoFamilyCS

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