Dear Parents and Caregivers,

Make Half Your Grains Whole

Grains come in two varieties: whole grains and refined grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Here are some tips for getting more whole grains into your family’s diet:

**Switch things up**
To make half the grains you eat each day whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100 percent whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

**Use whole grains in recipes**
Try brown rice or whole-wheat pasta in recipes. Make a brown rice stuffing for baked green peppers or tomatoes, or use whole-wheat macaroni in macaroni and cheese.

**Check the ingredients list**
Choose products that name a whole grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

Be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.


**Physical Activity Corner**

Don’t let winter keep your kids indoors. They can build a snowman, make snow angels, build a snow fort, go sledding, or play boot hockey. You could also rent skis at a local rec center and take your kids cross-country skiing. And don’t forget ice skating. Take your kids to the local rink, rent some skates, and get out on the ice. Make sure your kids dress warmly for the weather!

### APPLE-CHERRY CINNAMON OATMEAL

**Servings:** 2

**Ingredients**
1 cup water  
¼ cup apple-cherry juice (unsweetened)  
1 apple (small, peeled, center removed and chopped)  
½ cup old fashioned oatmeal  
1 teaspoon ground cinnamon  
1 cup 1% low-fat milk

**Directions**
1. Combine water, apple-cherry juice, and chopped apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into two bowls. Pour ½ cup milk over each serving.


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