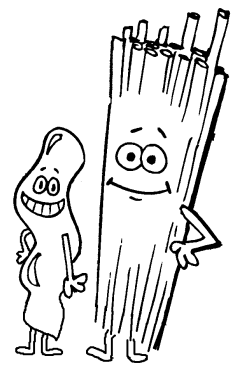


Name _____

GRAIN FUN

MAKE HALF YOUR GRAINS WHOLE!



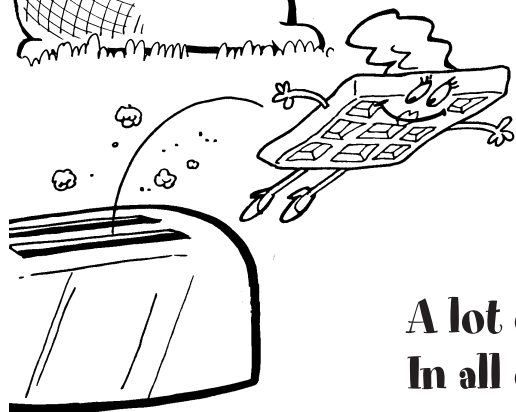
**Eat from the Grain Group, it is good advice.
Munch on cereal, bread, pasta or rice.**



**When you eat foods made from grains you should know,
Whole grains are the best for get-up-and-go.**

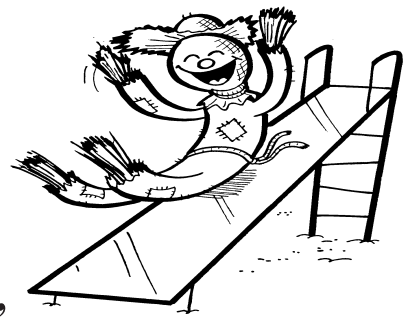
**Foods from this group are an important source,
Of key nutrients that keep you on course.**

**These foods are the best for carbohydrates,
For energy fuel to play with your mates.**

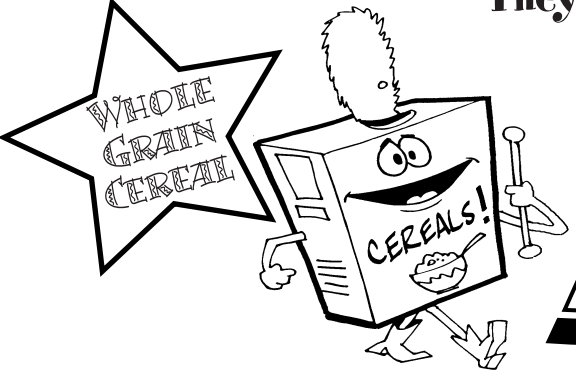
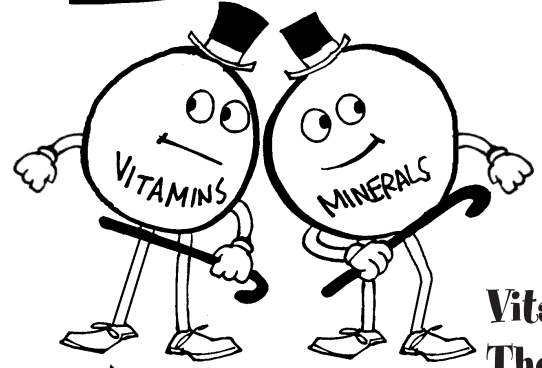


**A lot of fiber can also be found,
In all of these grains that come from the ground.**

**Fiber's main job is to
move food through you,
Making your insides
feel sparkling and new.**



**Vitamins and minerals keep you fit,
They work hard for each blood cell's benefit.**



Recommended Daily Amounts:
 4-6 ounce equivalents with 2-3 ounces being whole grains.
 1 ounce equals:

- 1 slice of bread
- 1 cup dry cereal
- 1 - 4 1/2 inch pancake
- 1 - 6 inch flour or corn tortilla
- 1/2 cup cooked cereal, rice or pasta
- 5 whole wheat crackers
- 3 cups popcorn- plain



**So remember please, it should be your goal,
Everyday make half the grains you eat whole.**