

# Whole Grains



Whole grains are packed with B vitamins that give children the energy they need to play and to learn.

Whole grains provide  
dietary fiber that  
promotes proper  
digestion and reduces  
constipation.

Whole grains make  
children feel full longer.

Whole grains contribute  
texture and flavor to  
meals and snacks.

Whole grains contain magnesium, a mineral that releases energy from muscles and it is used in building bones.

Whole grains contain selenium, a mineral that is important for a healthy immune system.

# Sources

- USDA - Team Nutrition - Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
- USDA – Choose My Plate





# WHOLE GRAINS

## Barley



- Mild, chewy, and dense
- Contains gluten
- Can be used as a substitute for rice
- Look for "whole" or "hulled" barley; "pearled" barley is not a whole grain

## Brown Rice



- Texture varies depending on variety
- Gluten-free
- Great for use in soup, as a side dish, in a stir-fry, or as a substitute for pasta
- Brown rice is available in many varieties including long grain, short grain, basmati, jasmine, brown rice noodles, and brown rice pasta

## Farro



- Chewy texture with a slight crunch and nutty taste
- Contains gluten
- Excellent for use in salads or soups
- Look for "whole-grain farro" on labels

## Millet



- When cooked in a small amount of water, it has a light, dry texture; when cooked in excess water, it develops a thick, mushy texture
- Gluten-free
- A group of related grains that are versatile and can be used to make flatbreads, porridges, or used as a side dish
- Can be found as white, gray, yellow or red varieties

## Quinoa



- Light and fluffy texture with a mild flavor
- Gluten-free
- Can be used in soups, salads, side dishes and even as a hot breakfast cereal
- Varieties include white, red, purple and black quinoa

## Sorghum



- Crunchy texture with a mild, earthy flavor
- Gluten-free
- Can be used to substitute traditional wheat flours in items like muffins and pizza or popped and eaten like popcorn
- Also known as "milo"