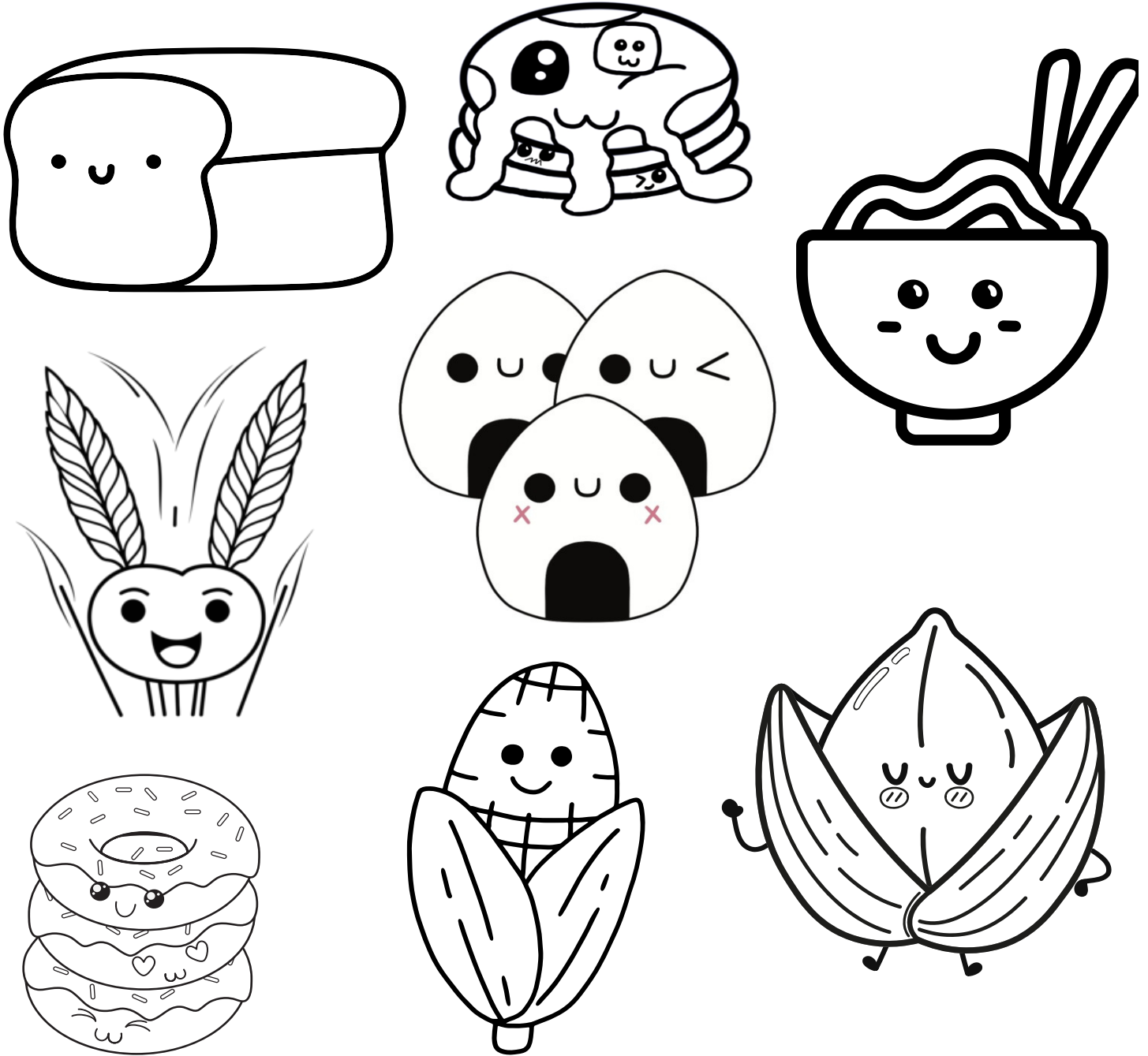


WHOLE WHEAT IT'S A NO-GRAINER!



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Tips For Families

While all grains are carbohydrates, they are not all created equally. Whole grains have more nutrients and are better for us than refined grains.

Refined grains need to be enriched (have nutrients added back into them) because during the refining process most of the nutrients are removed. This is why you will see some cereals, breads, and grain products sold as "enriched" or "fortified" foods.

When shopping for whole grain products, always look for the words "100% Whole...". If you purchase wheat bread, it may contain all refined flour and food coloring to make it appear as though it is a whole grain product. When in doubt, always check the ingredients!

Transitioning to whole grains can be difficult for some families, as the flavor and texture of whole grain products can be an adjustment, but the goal should be to have at least 51% of your grain intake be whole.

Try substituting whole grain products in foods or recipes that contain sauces. This will mask the taste and color of the grain (two things that children can be averse to). Try 100% whole wheat spaghetti for a quick pasta dinner or brown rice with soy and teriyaki sauce for a quick stir fry! Whole wheat pizza is always a winner as well!

If you make your own breads, pancakes, waffles, and muffins, combine both whole grain flour and refined flour in your recipes. Over time, slowly increase the amount of whole grain flour added until you reach the goal of 100% whole grain flour! This slower transition helps adjust families to the taste and texture!

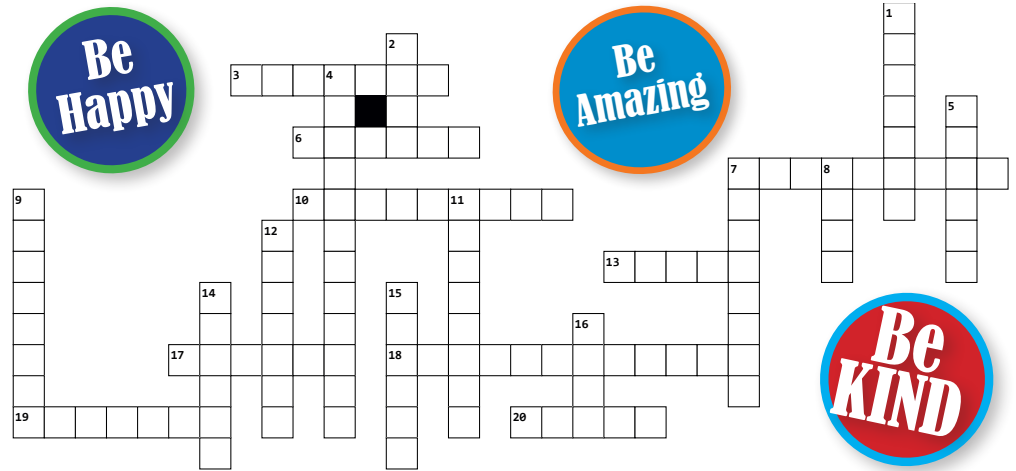
Oats are a great way to boost your intake of whole grains! You can make quick and easy overnight oats (with fresh fruits, matcha, cocoa powder, or dried fruits), or add them into your morning smoothie, or toast them with some honey and add them to your yogurt!

Increasing your whole grain intake not only helps you maintain a good nutritional status, but it also helps you maintain a healthy gut! Whole grains contain fiber which helps you with regularity, satiety (fullness), and prebiotic intake!

Certain whole grains, such as those high in soluble fiber, can help our bodies regulate our cholesterol levels. Soluble fiber helps to bind cholesterol in our gut and keeps it from being absorbed by our bodies! Oats are a great source of soluble fiber.

Whole grains can also help our bodies regulate blood sugar levels. Refined grains are quickly digested and broken down leading to a sharp increase in blood sugar levels, whole grains are digested slowly which helps to maintain constant blood sugar levels!

Whole Grains: Nice to Wheat You!!



Across

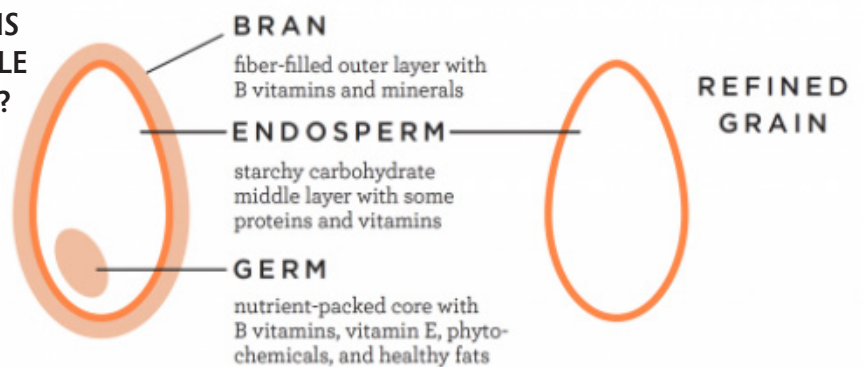
3. Some whole grains we consume without knowing they are whole grains. You eat this whole grain at movie theaters. To make it healthier, skip the butter.
6. Whole grains are associated with a reduced risk of this inflammatory bowel disease.
7. The type of fiber found in certain vegetables like celery.
10. Whole grains are a good source of this mineral, important for maintaining healthy blood pressure and muscle function.
13. Whole grains are a good source of dietary _____, which aids in digestion.
17. A whole grain that is a complete protein, providing all essential amino acids.
18. Like fruits and vegetables, whole grains are rich in _____ that help our bodies deal with oxidative stress.
19. The type of fiber found in oats.
20. A type of whole grain that is a rich source of magnesium, phosphorus, and potassium. This grain is most commonly made into bread.

Down

1. Whole grains are a good source of this essential mineral needed for bone and tooth health.

2. The outermost layer of a whole grain, rich in fiber, vitamins, and minerals.
4. The class of nutrient whole grains belong to.
5. Whole grains are a source of dietary _____, which supports fetal development during pregnancy.
7. Unlike whole grains that can help regulate our blood sugar, processed grains can cause our blood sugar levels to _____.
8. A whole grain known to reduce the risk of heart disease due to its high soluble fiber content.
9. Whole grains can help regulate blood sugar levels, reducing the risk of this disease.
11. Fiber not only helps regulate our digestive system, but it can also make us feel more _____ or fuller longer.
12. When whole grains are processed and their outer layer is removed, they become _____ grains.
14. The protein found inside of some whole grains that gives dough and bread their "stretchy" quality.
15. Whole grains are a good source of B vitamins, including this one essential for energy production and DNA repair.
16. The world's most widely consumed grain is _____.

WHAT IS A WHOLE GRAIN?



FREE Kindness and Bullying Prevention Information Available



HEALTH APPS

Helping you with your journey.



Cronometer is more than a calorie counter. Cronometer is a powerful health and fitness app that makes it easy to track your diet and exercise habits. With an extensive database of over 1.2 million verified foods, you can easily log your meals and get a detailed breakdown of the calories, vitamins & minerals you're consuming.

A E I T N B G I X F R E E K E H C R E I
 D N F N B C Q N O E I N K O R N H O L V
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 Z A E I H V T D A H N K P P M F A B B F
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NO PAIN, NO GRAIN Word Search

- | | | |
|-----------|---------|--------------|
| Wheat | Rye | Sorghum |
| Barley | Millet | Spelt |
| Bulgur | Oats | Einkorn |
| Quinoa | Farro | Wild Rice |
| Rice | Corn | Fiber |
| Amaranth | Freekeh | Carbohydrate |
| Buckwheat | Spelt | |

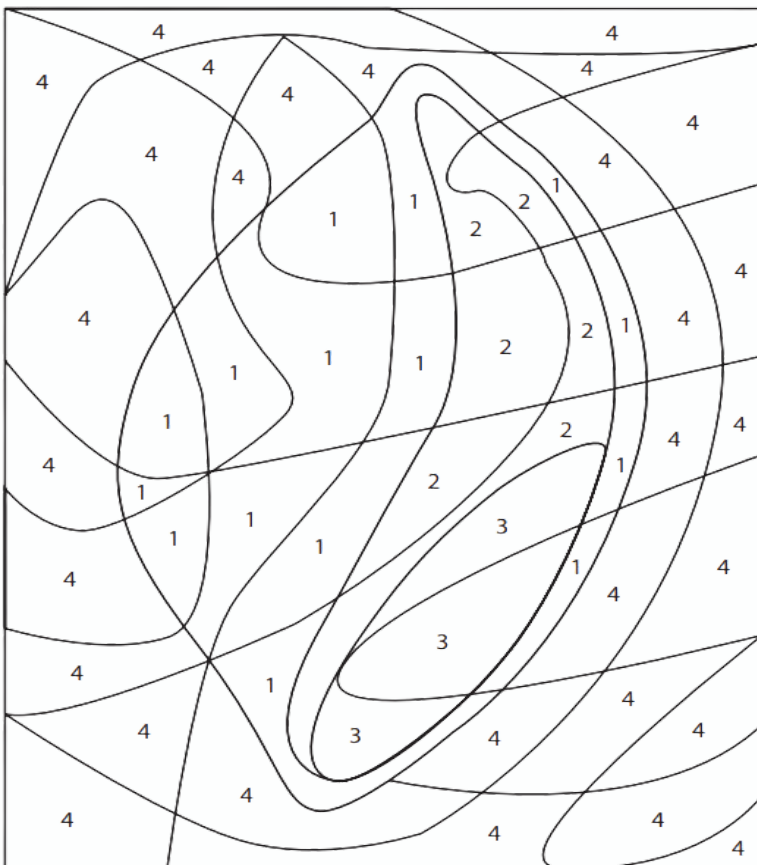
Created by Puzzlemaker at
DiscoveryEducation.com



**Family
Friendly
Recipes
Plus Answer Keys**

Whole Grain Color By Number

1-Brown 2-Yellow 3-Orange 4-Green



decoding bread labels



100% WHOLE GRAIN

The only label that guarantees the product is made with whole grains.



MULTIGRAIN

Product is made with a variety of grains. Grains can be refined or whole.



WHOLE GRAIN OR WHOLE WHEAT

Product contains at least 51% whole grains.



MADE WITH WHOLE GRAINS

Does not tell you anything about the product. 99.9% of the grains can be refined.



EXCELLENT SOURCE OF FIBER

Contains 20% of your total daily fiber requirement. Roughly about 5g



GOOD SOURCE OF FIBER

Contains 10-19% of your total daily fiber requirement. Roughly about 2.5g



Fooducate has been helping millions of people eat healthier, lose weight, and improve their health. Track your macronutrients, micronutrients, hydration status, and more!



MyFitnessPal isn't another restrictive diet app. This is a health app to help you learn about your habits ... see how you eat ... make smarter food choices ... find motivation & support ... and conquer your health goals. Track progress toward your nutrition, water, fitness, and weight loss goals with MyFitnessPal. This all-in-one food tracker and

health app is like having a nutrition coach, meal planner, and food diary with you at all times.



Nutritionix Track is a fitness tracking app developed and maintained by a team of registered dietitians. Making fitness tracking a daily habit is an effective way to work towards your health goals, so the mission of the Track app is to take the heavy lifting out of keeping up with your food log.

How To Make Quick "Oatmeal Breakfast Cookies"

Follow the steps below to make your own quick oatmeal breakfast cookies. They make for a nutritious start to any morning or for a nice midafternoon pick-me-up!



1/2 Cup Rolled Oats



1 Ripe Banana (mashed)



Sweetener of your choice (if desired)



Bake/Air Fry at 350 for 10-15min

*Try using different mashed fruits or combining fruits for a unique flavor experience! You can also try adding in nuts, dried fruits, chocolate chips or different spices!

Whole Grain Bingo!

Cross Out The Activities You Complete & Try To Get BINGO! Play With Your Family!

Eat a whole grain for breakfast

Make spaghetti with whole wheat pasta

Make a whole wheat pizza for dinner

Eat 3 whole grains throughout the day

Eat something that contains quinoa

Try 2 new whole grains today

Make your own whole wheat bread

Make a sandwich with whole grain bread

Have oatmeal for breakfast

Make your own whole wheat flour tortillas

Make your favorite rice dish with brown rice

Make your own whole wheat pancakes

Make a Mediterranean inspired whole grain farro dish

Try a new whole grain today

Make overnight oats for your breakfast

Make your own corn tortillas

Discover The Amazing World Of Whole Grains!

Color in the whole grains you have tried and leave the ones you have not tried blank! Try making a recipe with the grains you haven't tried! Grains are so versatile and make for nutritious meals or side dishes.



Whole Wheat



Barley



Buckwheat



Corn



Brown Rice



Oats



Quinoa



Amaranth



Whole-grain Farro

Sort The Grains!

Sort the grains and foods into either the whole grain category or the refined grain category.

Oats, White Rice, 100% Whole Wheat Bread, Cake, Wheat Bagels, Whole Grain Crackers, Buckwheat, Quinoa, Buttermilk Bread, Cookies, Spaghetti, 100% Whole Wheat Penne, Whole Wheat Pancakes, Brown Rice, Dinner Rolls, 100% Whole Wheat Crust Pizza

Test Your Grain Knowledge



STATEMENT

- All wheat bread is whole grain.
- All "brown" bread is whole grain.
- 100% Whole Wheat bread is whole grain.
- Multigrain bread is whole grain.
- 100% Whole Grain means made with whole grains.
- 100% Wheat Bread is a whole grain bread option.

TRUE OR FALSE

- True or False
- True or False
- True or False
- True or False
- True or False
- True or False



1 FALSE: THE "WHEAT BREAD" LABEL DOES NOT MEAN THE PRODUCT IS WHOLE GRAIN. REFINED WHEAT FLOUR AND WHOLE GRAIN WHEAT FLOUR ARE BOTH STILL WHEAT FLOUR. 2 FALSE: ALTHOUGH WHOLE GRAIN BREAD IS BROWN IN COLOR, NOT ALL BROWN BREAD IS WHOLE GRAIN. SOMETIMES FOOD COLORING IS ADDED TO MAKE THE BREAD BROWN. 3 TRUE: 100% WHOLE WHEAT BREAD IS A WHOLE GRAIN PRODUCT. 4 FALSE: MULTIGRAIN BREAD IS BREAD THAT CONTAINS MANY GRAINS. THIS DOES NOT MEAN ALL OF THOSE GRAINS ARE WHOLE. 5 TRUE: IF THE LABEL SAYS 100% WHOLE GRAIN, THE PRODUCT IS ALWAYS GOING TO BE A WHOLE GRAIN PRODUCT. 6 FALSE: 100% WHEAT BREAD CONTAINS ONLY WHEAT, BUT IT CAN CONTAIN ALL REFINED WHEAT, A 50/50 MIX, OR WHOLE GRAINS.