



Flying Pig Kids Marathon



Nutrition Challenge

Eat **WHOLE** Grains!

Did you know?

Whole grains supply our bodies with energy and lots of powerful vitamins & minerals. **Whole** grains have the most nutrition per bite because they are close to their natural form. The USDA MyPyramid tells us to make half of our grains **whole**! Some really healthy **whole** grains are: **whole** wheat bread, brown rice, oatmeal, **whole** wheat pasta, **whole** grain cereal, and popcorn...just to name a few!

Make it **WHOLE**!

- Fill a snack baggie with whole grain breakfast cereal and munch...anytime!
- Be an "Airhead" and air-pop some popcorn!
- Give your sandwich a healthy hat and use 100% whole wheat bread as the top slice.
- Stir some oats into that cookie batter!
- Remember: The "WHOLE" in whole grain makes a better choice than the "HOLE" in a doughnut



Remember these nutrition tips everyday:

- Eat breakfast!
- Drink water!
- Go for **WHOLE** grains!
- Vary your veggies!
- Focus on fruits!
- Get calcium-rich food!
- Eat lean protein!
- Drink less soda!

Nutrition challenge:

Try at least one **WHOLE** grain everyday!
Give yourself an "X" on your Hog Log.



These tips are provided by
The Nutrition Council of
Greater Cincinnati
www.nutritioncouncil.org
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**NUTRITION
COUNCIL**

