

Dear Parents or Caregivers,

Today your child learned about foods in the Grains Group using a “Grain Exploration” activity. During this activity, your child had a chance to see and touch different kinds of foods in the Grains Group such as whole wheat bread, pasta, popcorn, oatmeal, and crackers. These foods are important because they provide your child with different vitamins, minerals, and fiber. You play a big part in helping your child develop good eating habits. Children need around 5 to 6 ounces of grains every day. An ounce of grains is equal to 1 slice of bread, 1 cup of ready-to-eat cereal or ½ cup cooked rice, cooked pasta, or cooked cereal. Half of the grain foods they eat should be whole grains.

The following tips from [www.choosemyplate.gov](http://www.choosemyplate.gov) can also help you provide your child with more whole grains at meals and snacks:

- Choose brown rice or whole wheat pasta for dinner.
- Make sandwiches using whole-grain bread.
- Provide ready-to-eat whole grain cereal such as toasted oats as a snack.
- Serve plain popcorn as a healthy snack.
- Buy foods with the following names listed as the first ingredient: brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain, barley, or whole wheat.
- Set a good example by eating whole grain foods with your child.

Making sure your child gets enough whole grains is a great way to keep them healthy and active. If you would like to learn more about the Grains Group and whole grain foods, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).  
Sincerely,

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