

Your Name:

"Whole grains  
are my  
favorite fuel!"  
- Kira



## Examples of Whole Grains

## Whole-Wheat Bread



## Oats



## Quinoa



## Brown, Red or Purple Rice



## Whole-Grain Pasta



## Popcorn



# The Super Crew®

## Whole-Grain Tracker

The American Institute for Cancer Research, SuperKids Nutrition and the Super Crew say every kid can be a hero and that means you! Jump higher, run faster, think, look and feel better with whole grains!

## Healthy snacks that include whole grains:

- Whole-wheat pita with hummus
- 100% whole-grain crackers with low-fat or reduced fat cheese
- Oatmeal with chopped apples and cinnamon
- Baked blue, red or yellow corn chips and salsa
- Popcorn with spices and Parmesan cheese instead of butter
- Whole-grain granola bars and fresh fruit
- Whole-grain pretzels and dried fruit

## What's your favorite whole-grain snack?

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Color in a shield each time you eat a whole grain this week. See how many you can eat each day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>						
<input type="checkbox"/>						

Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) for more fun activities with the Super Crew.

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## Start every day the whole-grain way!

Nutrients in Whole Grains	Benefits
Fight-o-Chemicals	Help fight off germs, viruses and cancer.
Fiber	Protects you from cancer, keeps you from getting constipated and is good for your heart.
Folate	Helps to build new cells so they can stay healthy.
Thiamin Riboflavin Niacin	Keep your body's cells working correctly.
Iron	Provides oxygen to your blood.
Magnesium	Helps build strong bones.
Selenium	Helps your immune system keep you from getting sick.

**Draw your favorite healthy meals and snacks that include whole grains, for example, a pancake breakfast.**

Remember, it's important to not only think about **what** you're eating, but also **how much** you're eating to get the best nutrition possible! Check the serving size on the bag or box.

