



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2012

## Whole Grains

### Read the Label

*Choose foods with 'whole' or "whole grain" ingredients listed first or second on the label.*

1. Start your day with **Whole Grain** breakfast cereals. Oatmeal is a whole grain and is always a good choice. Choose your family's favorite cold and hot cereals made with whole grains. Make Oatmeal Pancakes for breakfast.
2. Buy breads made with **Whole Grains**. Choose 100% whole grain breads - whole wheat, whole rye or oatmeal.
3. Try other **Whole Grain** foods:
  - ✓ Whole wheat buns and rolls
  - ✓ Whole grain or corn tortillas
  - ✓ Whole wheat English muffins
  - ✓ Whole wheat pita and bagels
4. Snack on **Whole Grains**:
  - ✓ Whole grain breakfast cereals
  - ✓ Popcorn
  - ✓ Whole grain crackers
  - ✓ Whole grain breakfast bars or granola bars
5. Cook with **Whole Grains**:
  - ✓ Whole grain noodles, macaroni, spaghetti
  - ✓ Brown rice
  - ✓ Whole wheat flour



Choose Whole Grains  
for at least half  
of your child's grain foods.

## Oatmeal Pancakes

### Ingredients:

- 1 cup oatmeal (Quick Cooking Oats)
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 eggs
- $\frac{1}{4}$  cup flour
- 1 tablespoon baking powder
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon (optional)

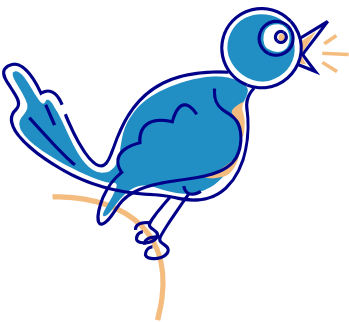


### Directions:

1. Combine the oatmeal and milk together in a bowl. Let the oatmeal soak for 15 minutes.
2. Add the oil, eggs, flour, baking powder, sugar and salt to the oatmeal mixture. Add a little more milk if batter is too thick.
3. Heat a non-stick skillet to medium high heat. Spread 1 tablespoon of oil on skillet.
4. Pour the pancake batter on the skillet in the desired size, about 4 to 5 inches wide. When bubbles start to appear on the pancake, flip it over.
5. Cook until both sides are lightly brown and the center of pancake is cooked.

## Treats for the Birds

*Share food with our friends with feathers.*



- 😊 Cut an orange in half. Place it in an outside tree or shrub.
- 😊 Coat a large pinecone with peanut butter and roll in birdseed. Tie the pinecone on a string and hang it in a tree.
- 😊 Buy a bird feeder for outside. Small children can watch the feeder and tell you when the birds need more to eat.

## The Spirit of Sharing

*The holidays are a time for sharing.*

Let your child enjoy the fun of sharing and giving to others.

- ♥ **Bake or buy special breads.** Wrap the bread in a festive bag with a ribbon. Give to a friend or neighbor.
- ♥ **Help a friend or relative** decorate their home for the holidays.
- ♥ **Make a fruit basket.** Fill it with fresh fruits, dried fruits, nuts or other treats. Deliver the basket to an elderly friend.
- ♥ **Create a Family Recipe Booklet.** Write your favorite recipes in a small blank journal. Let your children color pictures on some of the pages. Grandparents love homemade gifts!



## Lasagna Rolls

### Ingredients:

- 12 cooked whole grain lasagna noodles
- 1 (26 ounce) jar spaghetti sauce
- 1 cup low-fat cottage cheese
- $\frac{1}{2}$  cup shredded mozzarella cheese
- $\frac{1}{4}$  cup parmesan cheese
- 1 egg

### Directions:

1. Combine the cottage cheese, mozzarella cheese, parmesan cheese and egg in a bowl.
2. Place 2 spoonfuls of the cheese mixture on each cooked lasagna noodle. Roll up.
3. Spread  $\frac{1}{2}$  cup of the spaghetti sauce in the bottom of a baking dish.
4. Place the rolled up lasagna noodles in the baking dish. Cover with the remaining spaghetti sauce.
5. Bake in a 375° oven for 30 minutes.

## What Can You Do?

- Choose whole grains for half of my family's grain foods.
- Share the spirit of the holiday with others.
- Make Oatmeal Pancakes or Lasagna Rolls for my family.
- Other: \_\_\_\_\_



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## Nutrition Matters

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The content of KidFood is not intended to provide medical advice. This should be obtained from a qualified health professional.

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