

# Family Nutrition Newsletter

September 2022



## Why Do We Need Whole Grains?

**Whole grains are an important part of a healthy diet** - but what exactly are whole grains? Grains are plants like wheat, rice, barley, corn, and oats. They can be cooked and eaten as is or they can be used to create flours for baked goods.

A **whole grain** uses all three parts of the grain - the bran, endosperm, and germ. Each part is important for health!

### Examples of whole grain foods:

- Whole wheat bread or pasta
- Stone-ground grits
- Old fashioned oats
- Brown rice
- Popcorn
- Hulled barley

Just what does each layer do?

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### BRAN LAYER

This layer is on the outside of whole grains. It is full of **fiber**. Fiber keeps our heart healthy and our tummies regular and full. If children are struggling with constipation, adding fiber and fluids to the diet can help!

### ENDOSPERM LAYER

This is the middle layer of whole grains. It contains **starch** - which is a big source of energy for children. Children need lots of energy to fuel their growth, learning, and play.

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### GERM LAYER

This is the inner most layer of whole grains. The germ layer is filled with **vitamins, minerals, and essential oils**. These are necessary for proper growth and development of young children.

Here are a few of our favorite whole grain recipe:



APPLE CINNAMON BAKED OATMEAL



WHOLE WHEAT CINNAMON PANCAKES



PEANUT BUTTER OAT BARS



PUMPKIN SPICE MUFFINS