

The Whole Grain Choo-Choo Train



This book belongs to:

The Whole Grain Choo-Choo Train

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Choo-Choo Whole Grains

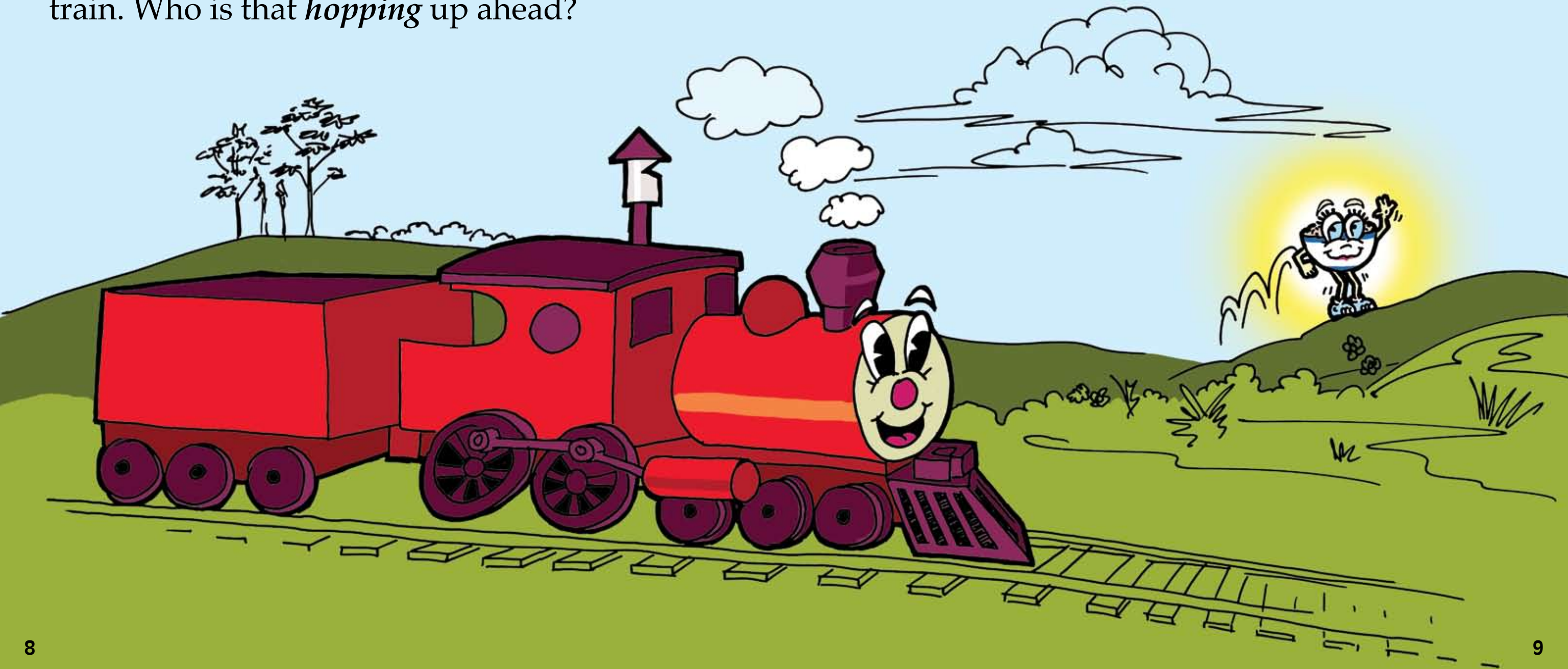
Hi! I'm the Whole Grain Choo-Choo Train.
Come along and ride with me. Choo-choo
whole grains! Can you help me
blow the whistle and say,
"Choo-choo whole grains?"
That's great!



My job is to find **whole grains** for children to eat. Whole grains are found in foods like brown rice, oatmeal, soft corn tortillas, and whole wheat bread. Whole grains give you energy to run, think, and play.

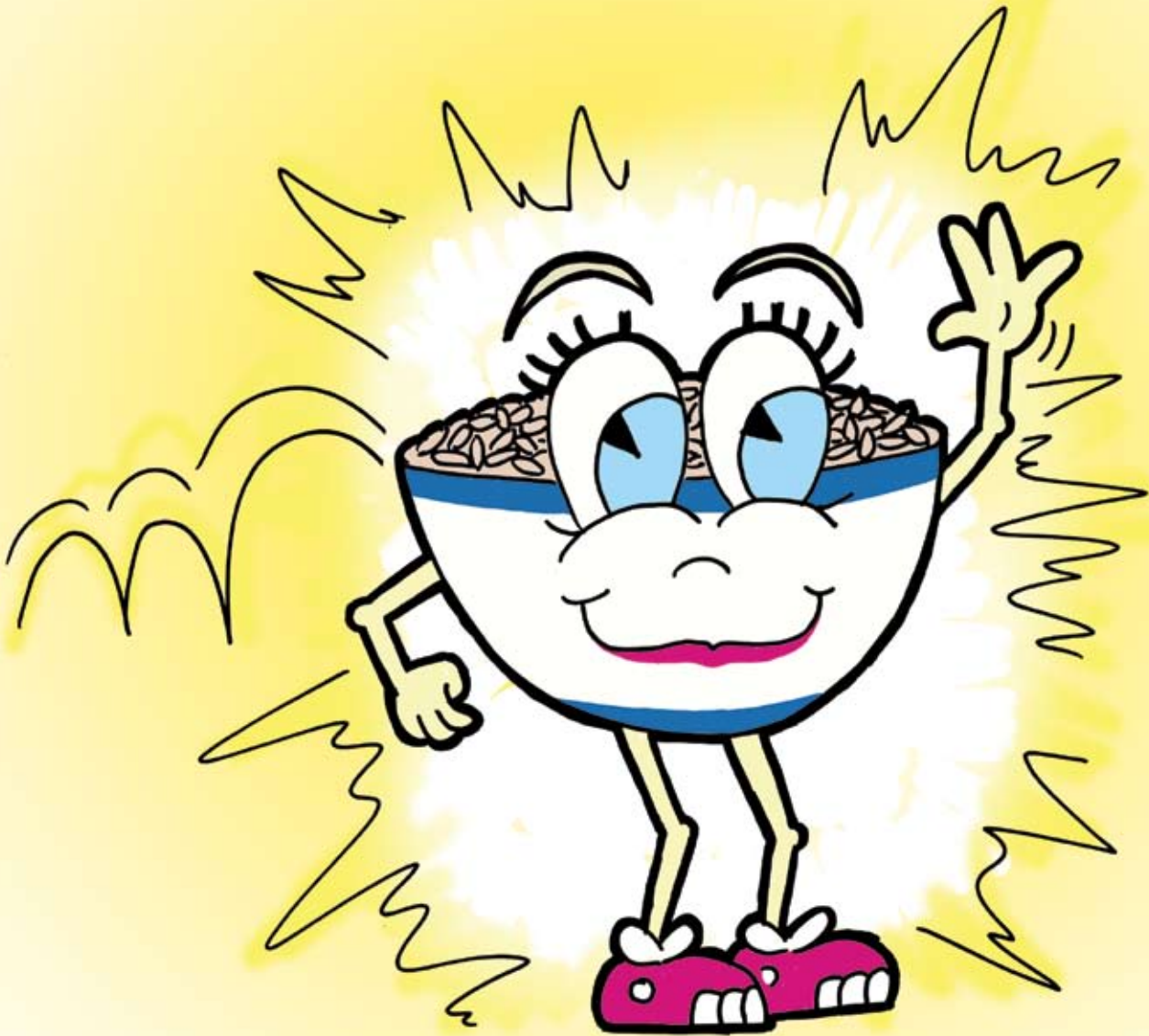


Let's find some whole grains to ride on the train. Who is that *hopping* up ahead?



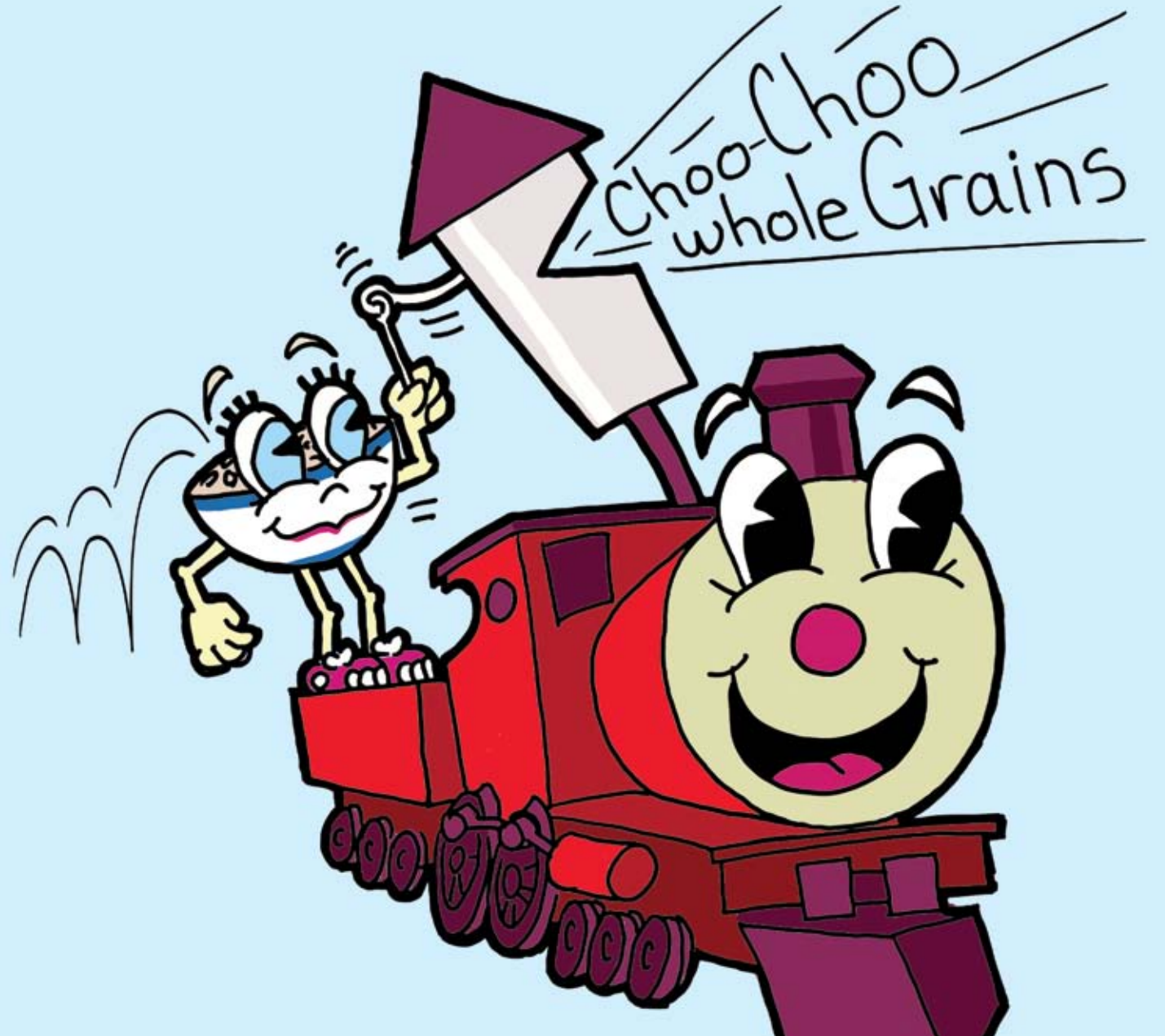
It's **Bonita Brown Rice!**

Hop on board the train, Bonita Brown Rice.

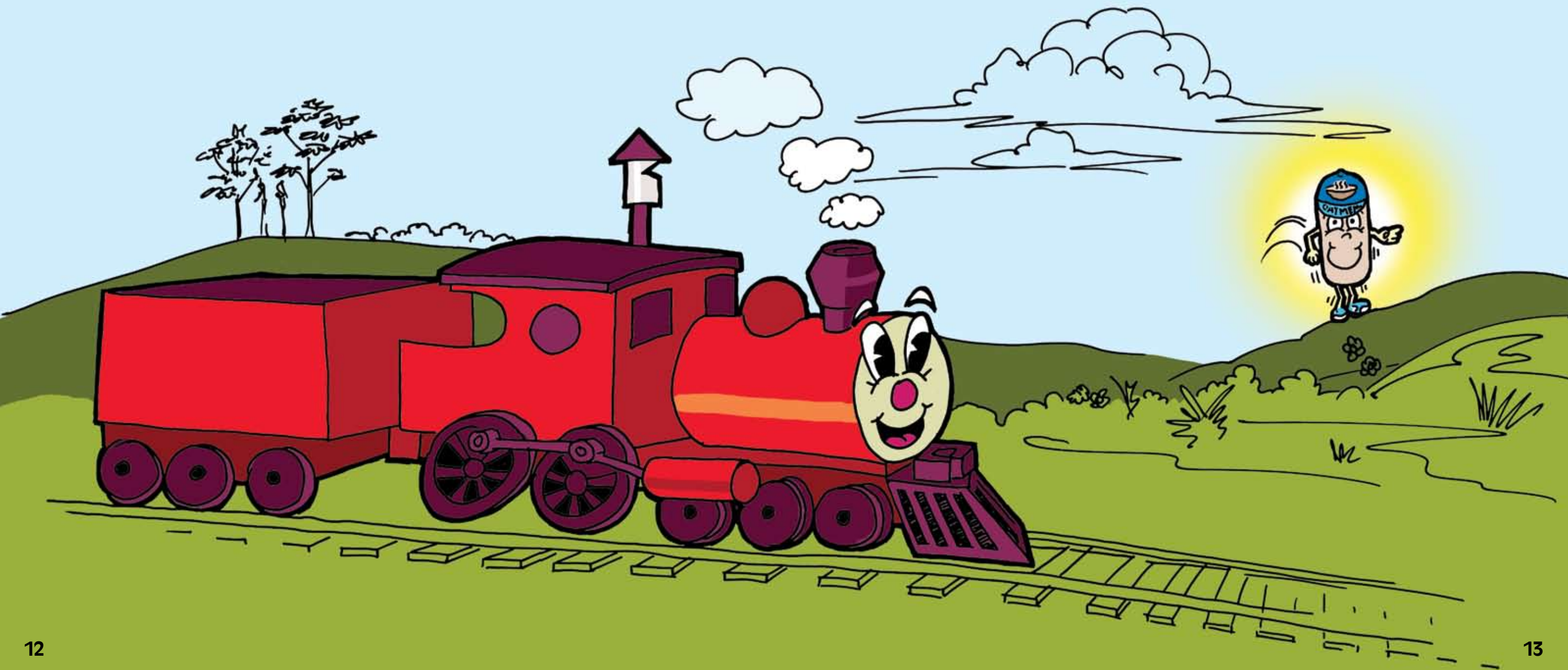


Help Bonita Brown Rice blow the whistle.

Say, "**Choo-choo whole grains!**"



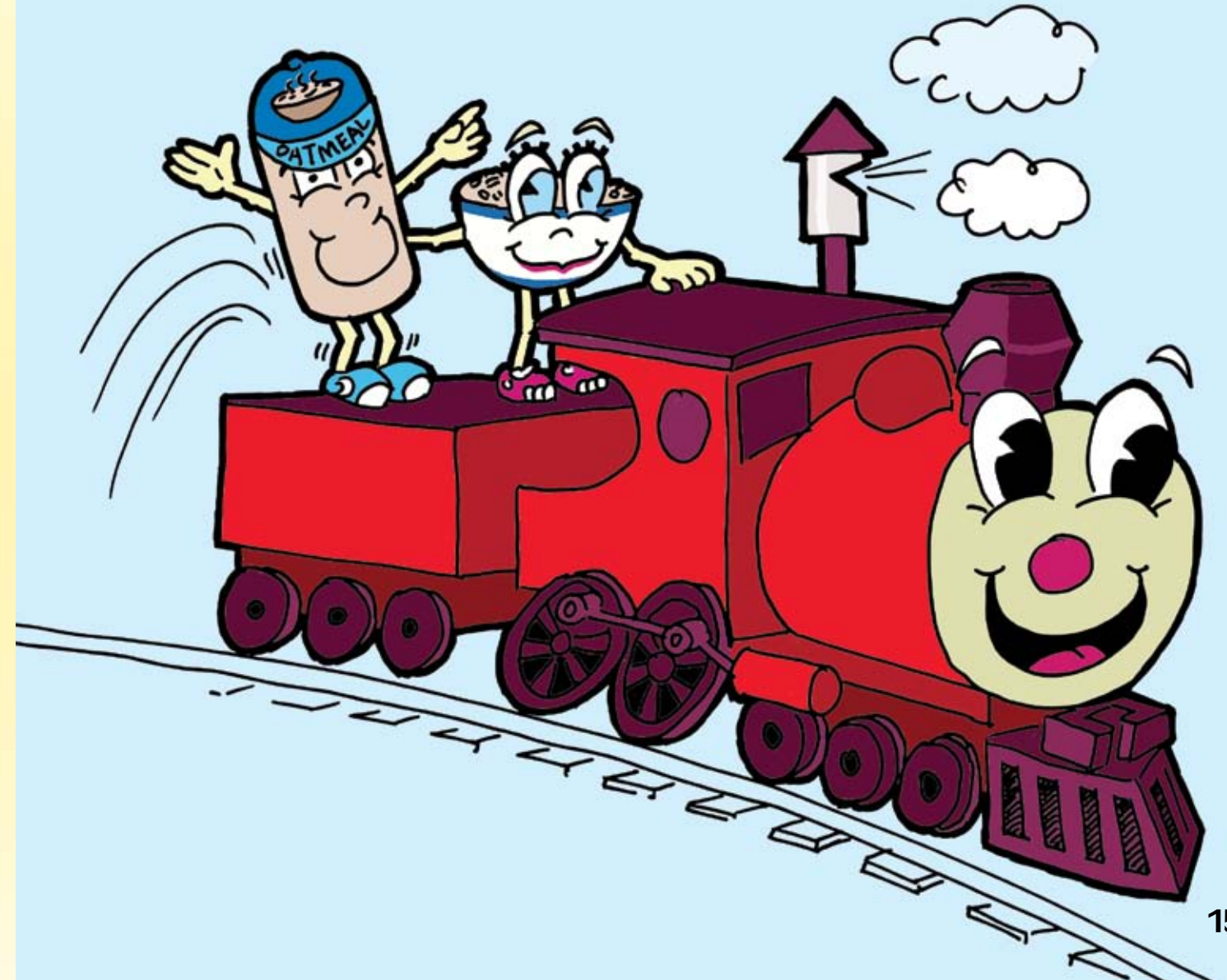
And who is that *jumping* up ahead?



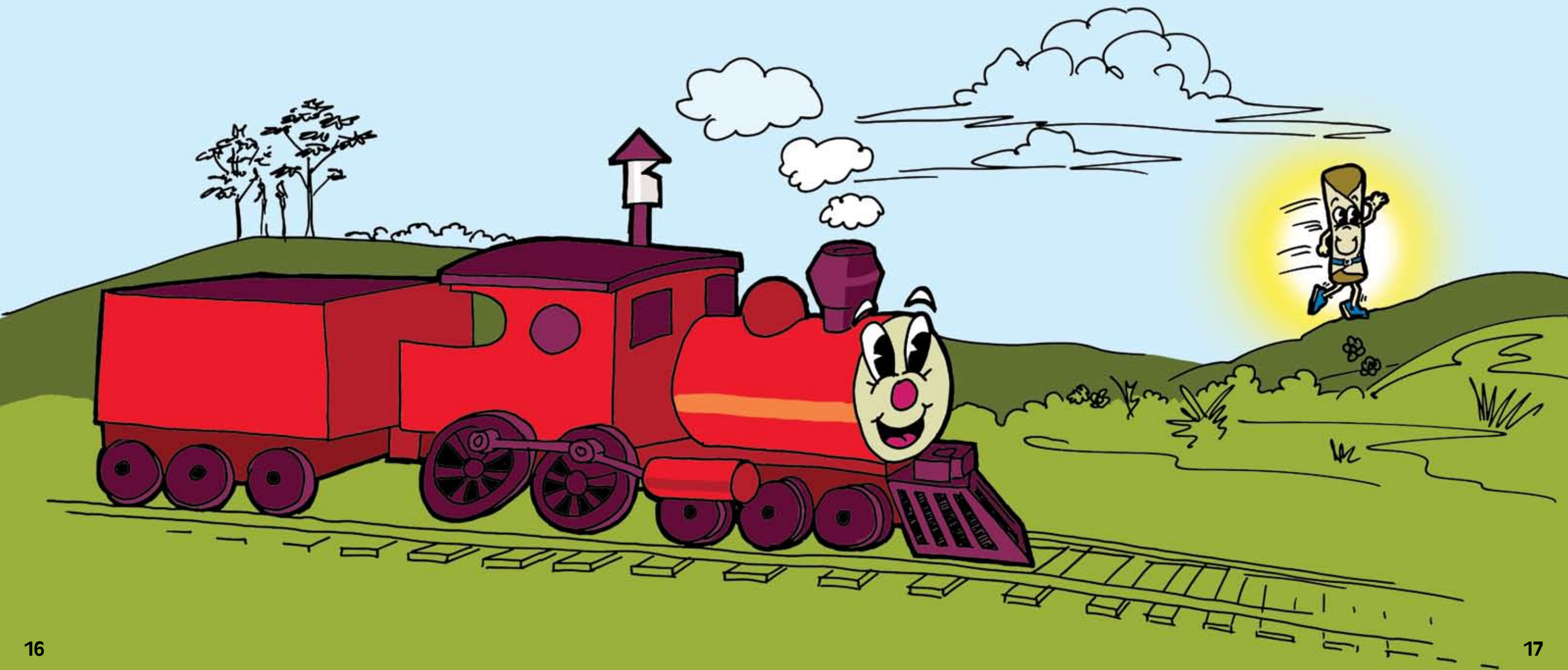
It's Ollie Oatmeal.



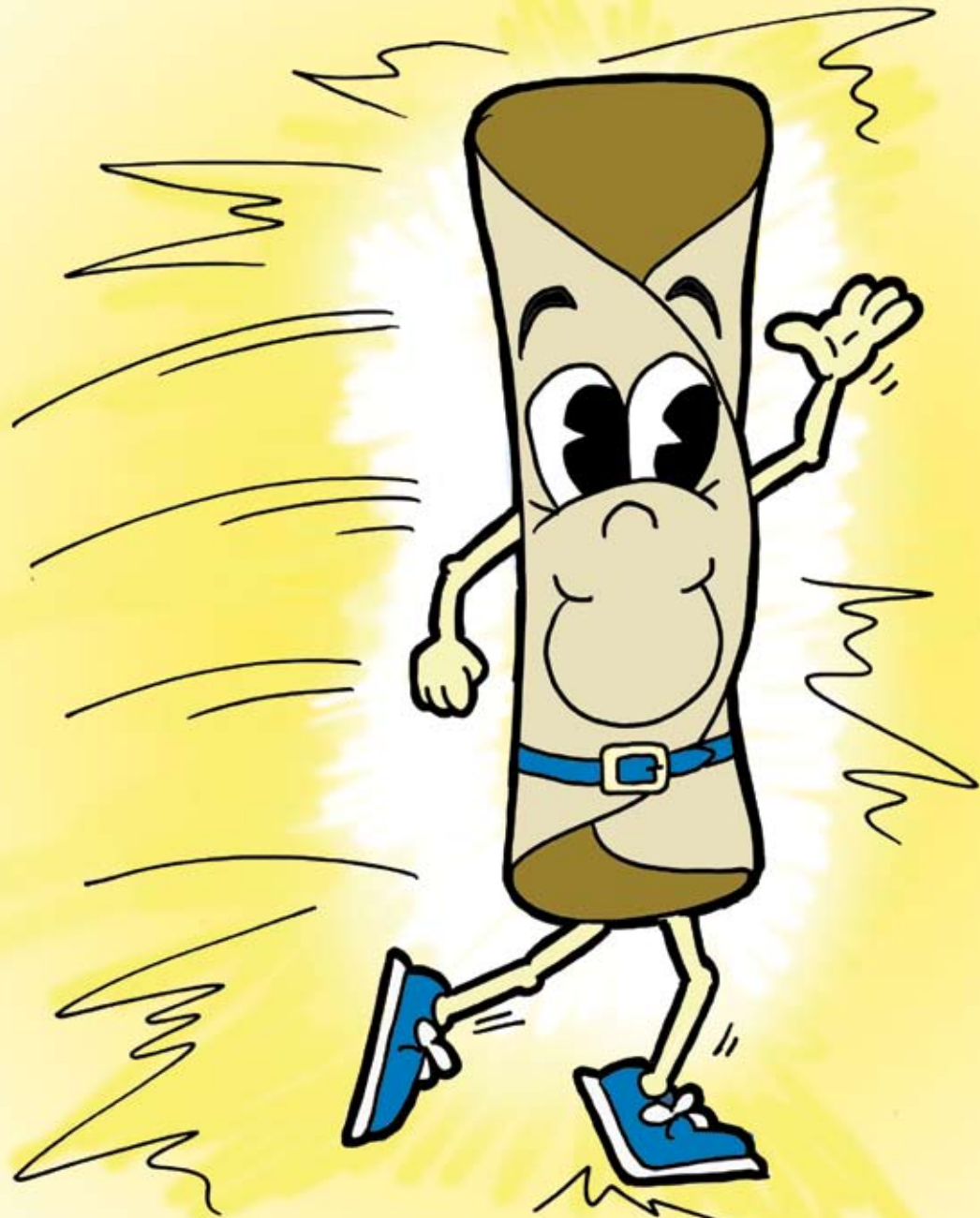
Jump on board the train, Ollie Oatmeal.
Say, "Choo-choo whole grains!"



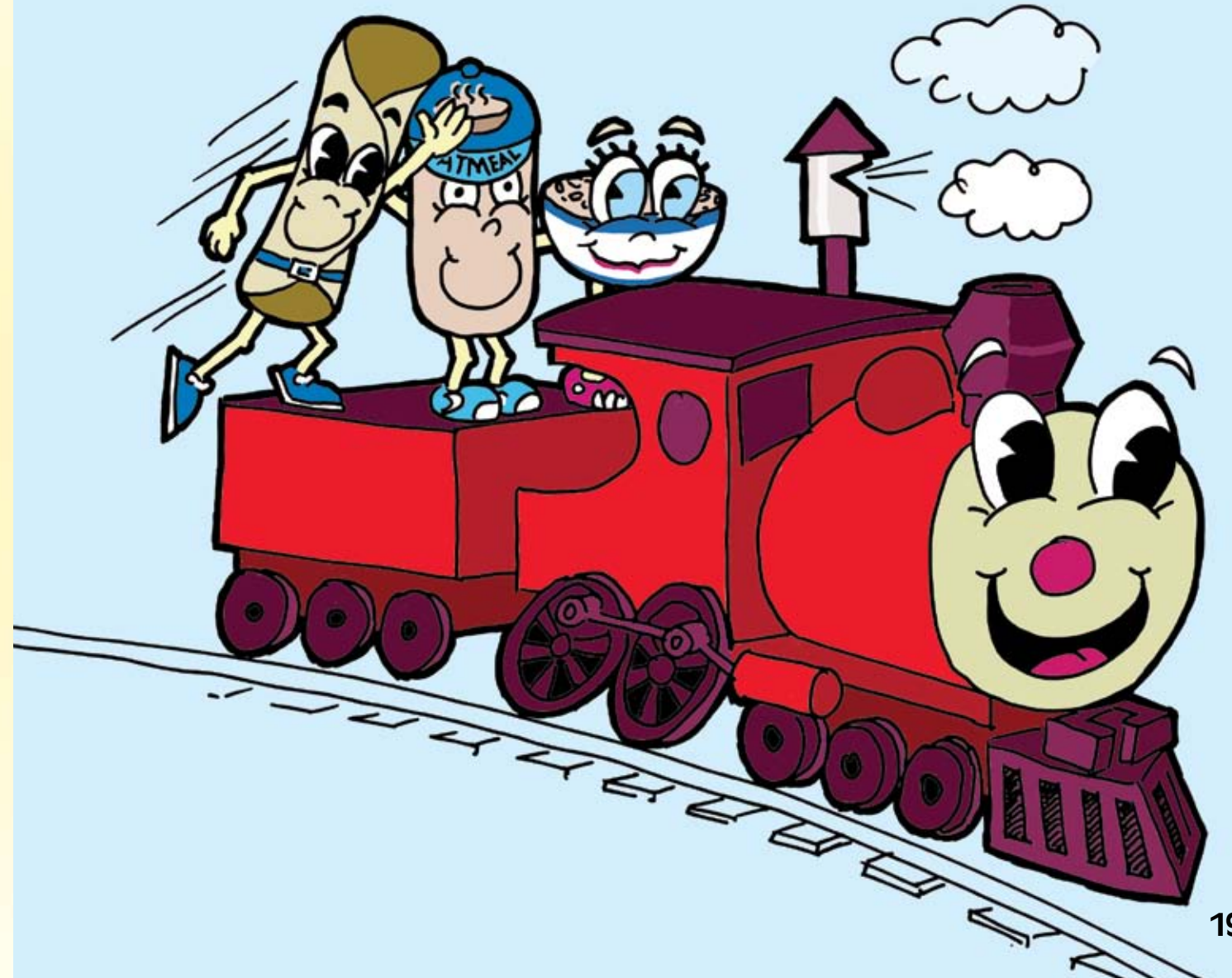
Who is that *running* up ahead?



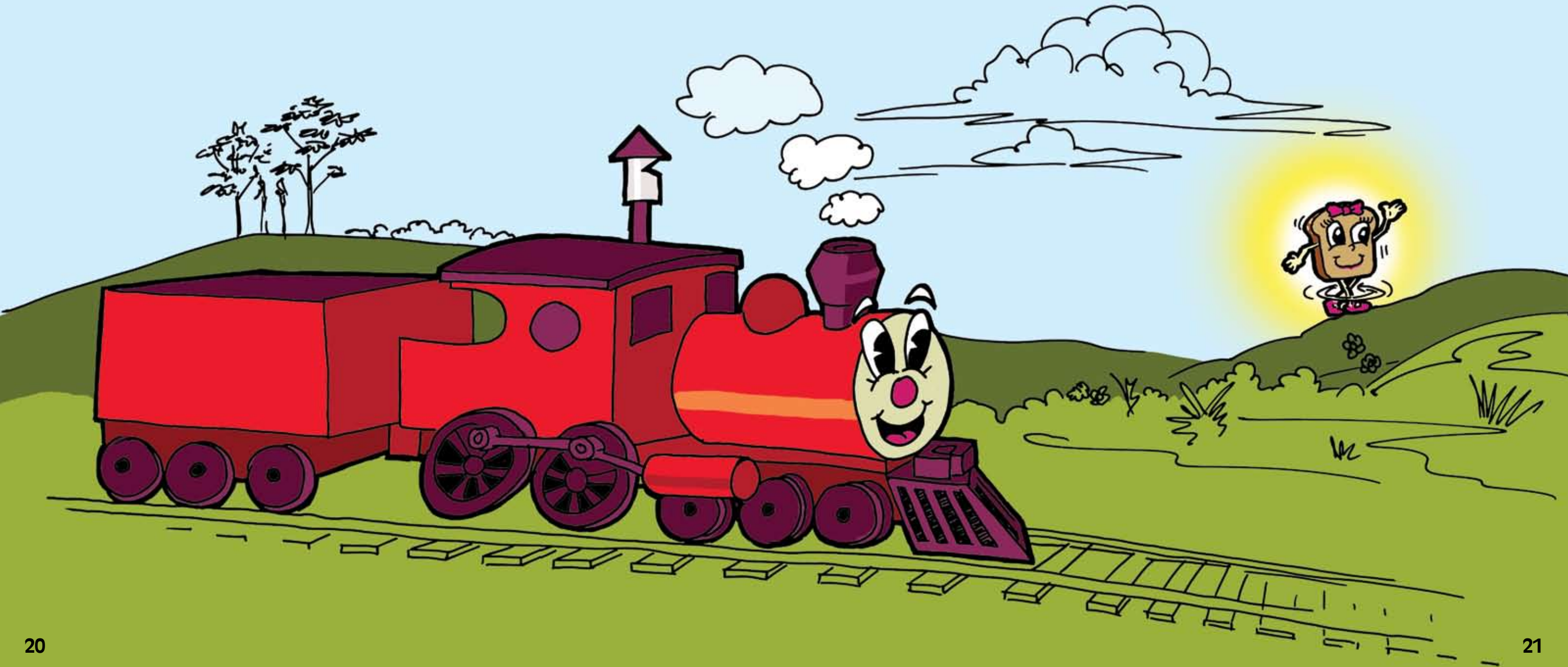
It's Tito Soft Corn Tortilla.



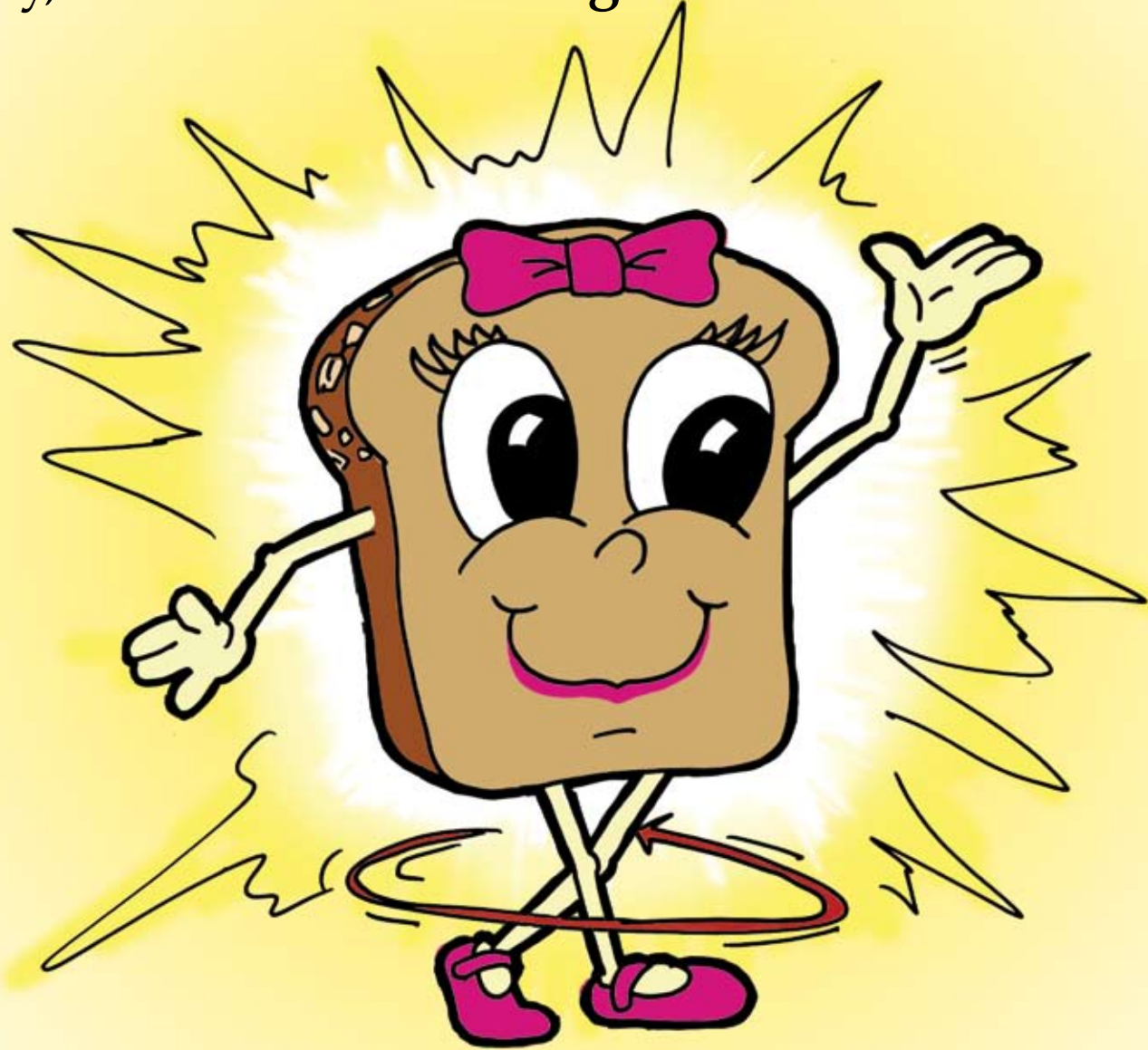
Run onto the train, Tito Soft Corn Tortilla.
Say, "Choo-choo whole grains!"



And who is that *turning* around and around?



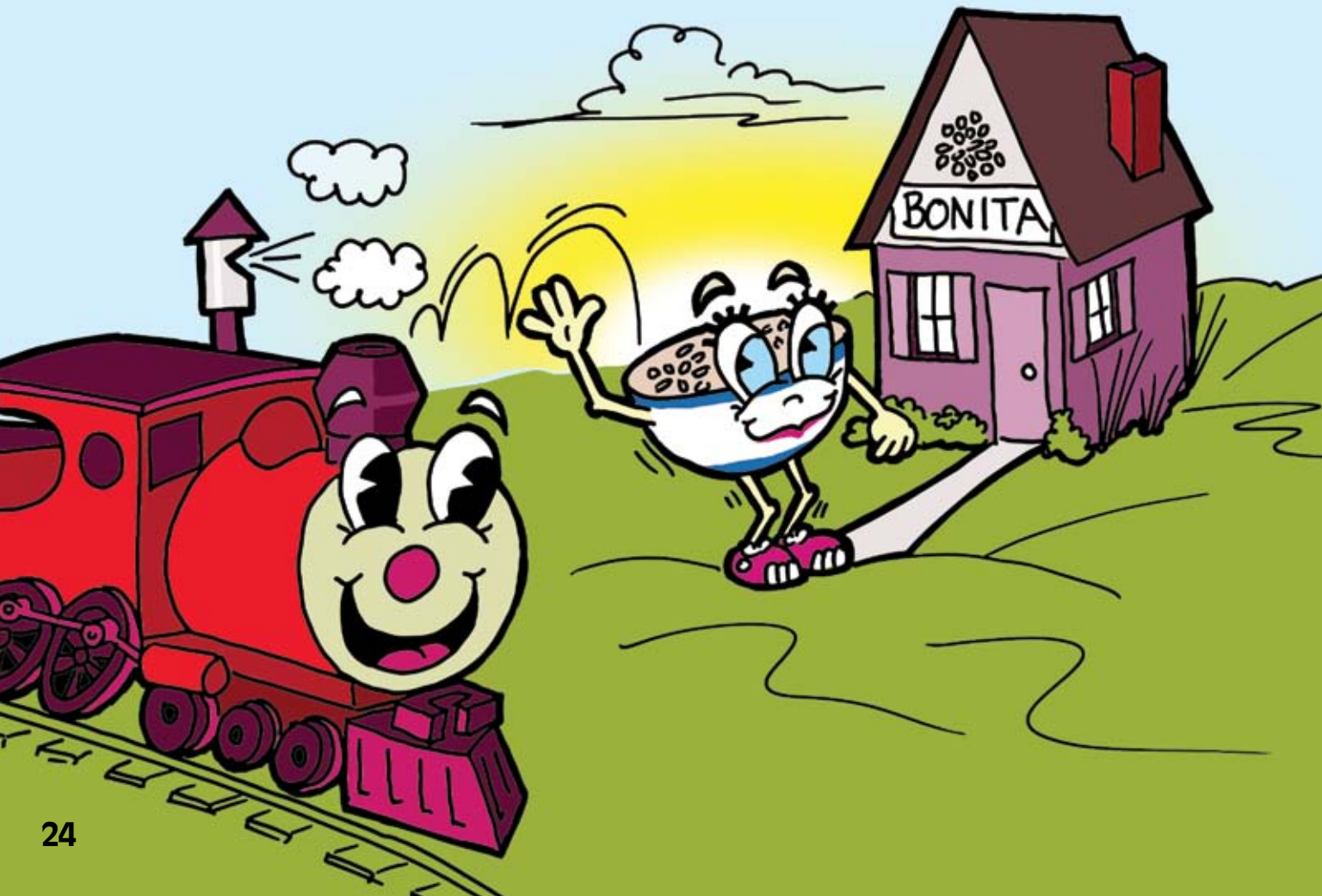
It's **Haley Whole Wheat Bread**. *Turn* and get on board the train, Haley Whole Wheat Bread. Say, "**Choo-choo whole grains!**"



Yes! We did it. The Whole Grain Choo-Choo Train is full. Say, "**Choo-choo whole grains!**"



Now we need to drop off each of the whole grains. First off is **Bonita Brown Rice**. *Hop* on down Bonita. Good bye Bonita. Say, "Choo-choo whole grains!"



Second stop is for **Ollie Oatmeal**. *Jump* on down Ollie. Good bye Ollie. Say, "Choo-choo whole grains!"



Third stop is for **Tito Soft Corn Tortilla**.

Run Tito. Good bye Tito.

Say, "Choo-choo whole grains!"



Fourth stop is for **Haley Whole Wheat Bread**.

Turn around and around Haley. Good bye Haley.

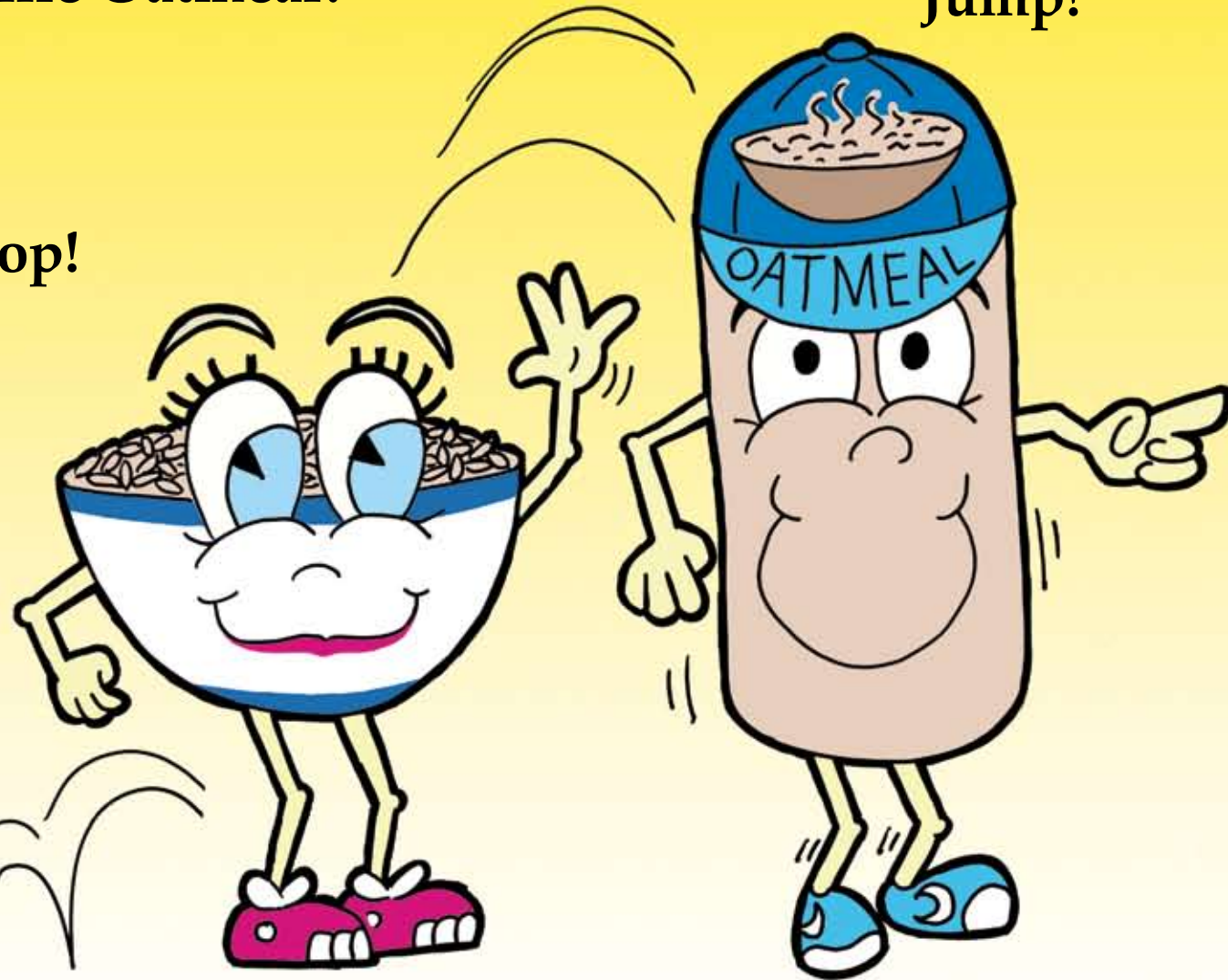
Say, "Choo-choo whole grains!"



Can you *hop* in place like
Bonita Brown Rice?

Can you *jump* in place like
Ollie Oatmeal?

Hop!

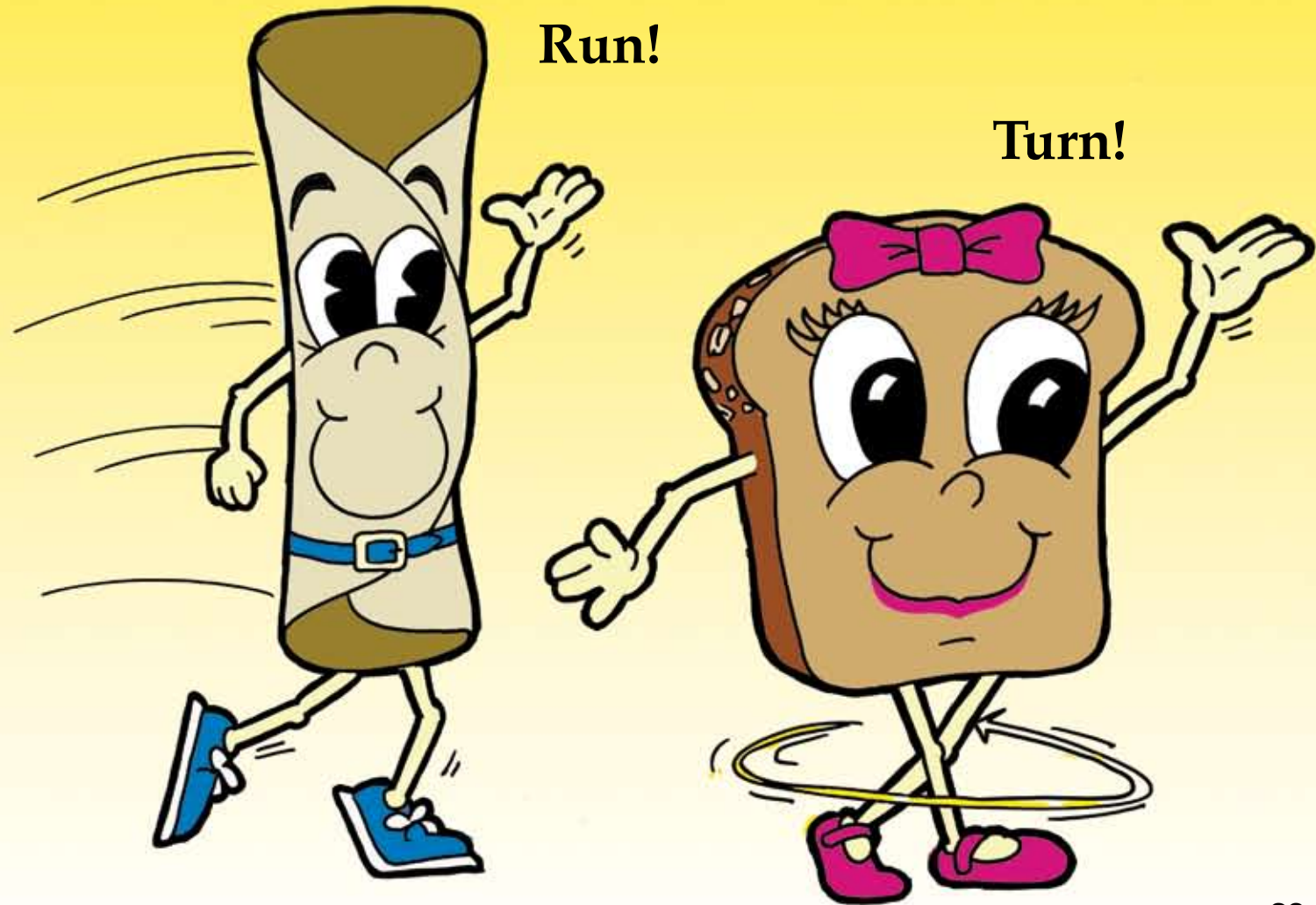


Can you *run* in place like
Tito Soft Corn Tortilla?

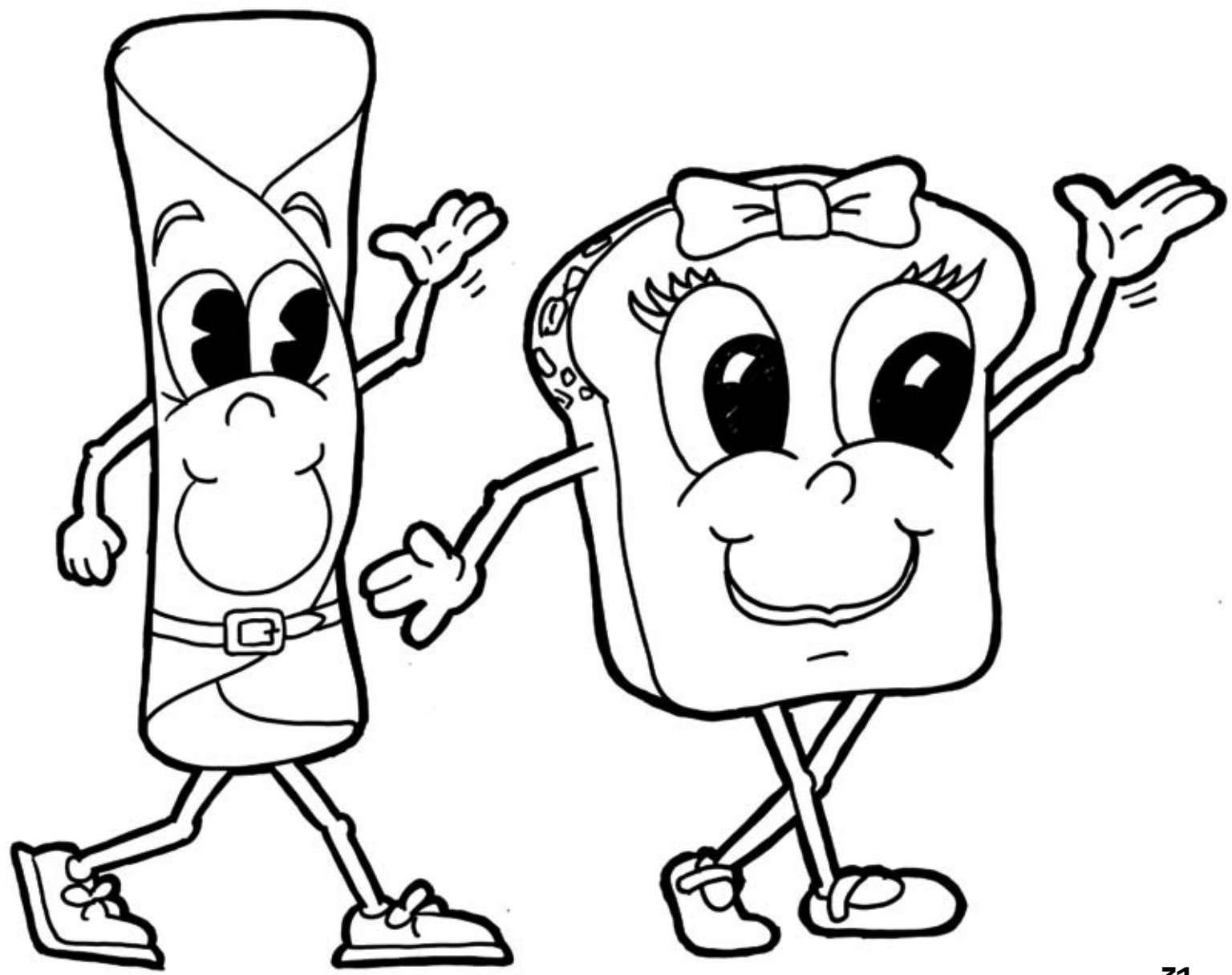
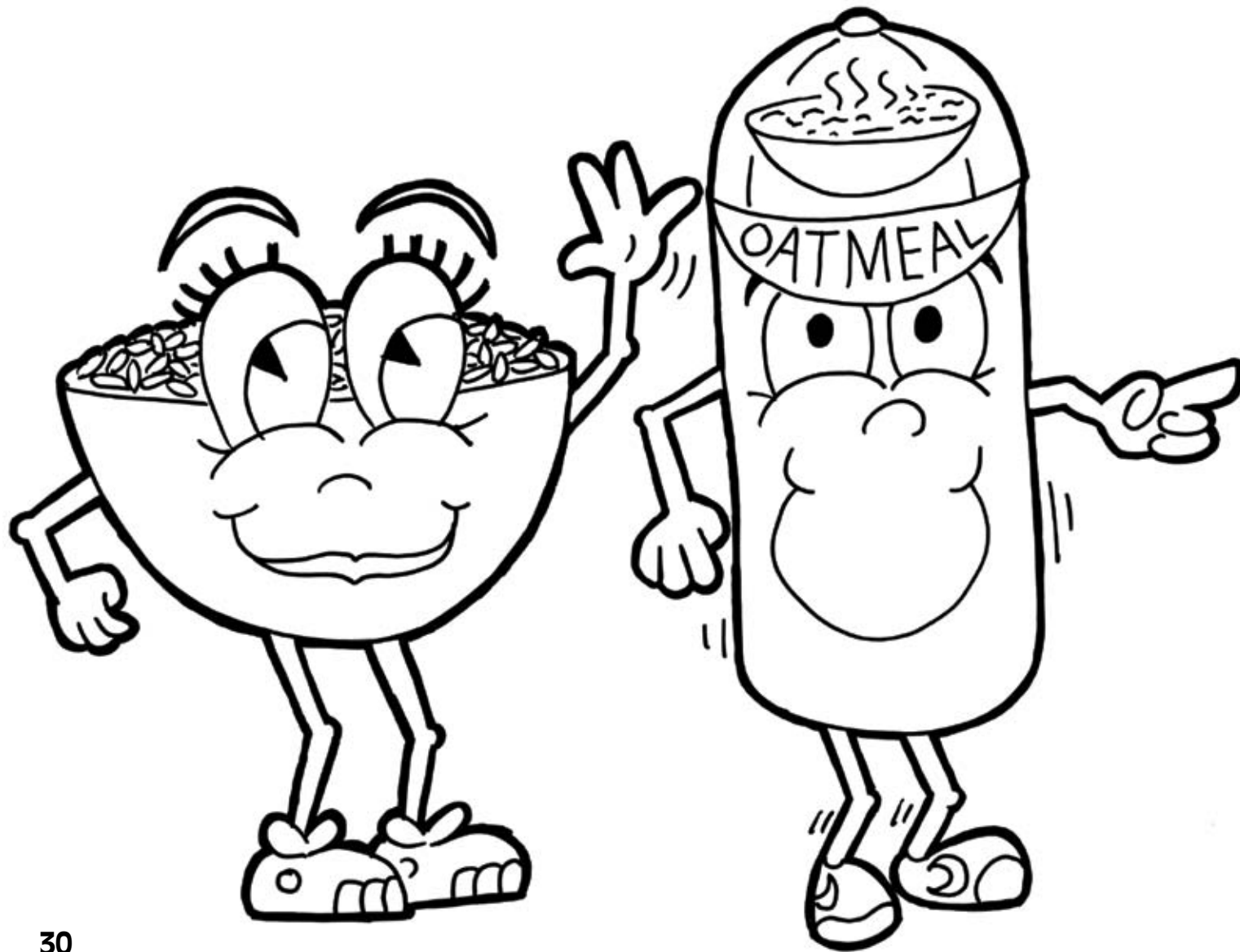
Can you *turn* around and around like
Haley Whole Wheat Bread?

Run!

Turn!



Color the whole grains
you want to taste.



Parent Pages

What are whole grains?

Whole grains are foods such as whole wheat, brown rice, whole grain corn, and oatmeal. **Whole grains** contain the entire grain kernel. **Refined grains** such as enriched wheat flour and white rice have had the bran and germ removed. This process also removes much of the B vitamins, iron, and dietary fiber.

How can you tell if a product contains whole grains?

Read the ingredient list on the food label. For many whole grain products, the words “whole” or “whole grain” will appear before the grain ingredient’s name. The whole grain should be the first ingredient listed. Remember: wheat flour, enriched flour, white rice and degerminated cornmeal are not whole grains.

Here is an example of an ingredient list found on a box of cereal. You can see that whole grain wheat is listed as the first ingredient:

INGREDIENTS: **WHOLE GRAIN WHEAT**, WHEAT BRAN, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING.

These are whole grains that you can look for in the ingredient list on a food label:

whole wheat	whole grain barley or pearl barley
whole oats or oatmeal	wild rice
whole grain corn	buckwheat
popcorn*	triticale
brown rice	bulgur (cracked wheat)
whole rye	millet

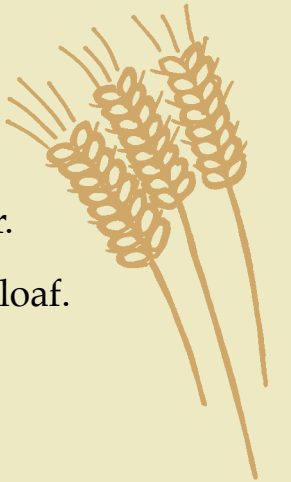
**Popcorn is not recommended for children under 4 years of age due to risk of choking.*

Don’t be fooled by color!

A food’s color is not helpful in identifying whether it contains whole grain ingredients. Bread can be brown because of molasses or caramel food coloring. Also, there are some foods made with whole grains that are light in color, such as grain products made from oatmeal or white whole wheat.

Try these tips for ways to include a variety of whole grains:

- Try a snack mix made from ready-to-eat, whole grain cereals.
- Choose a muffin made with whole wheat flour as the first ingredient.
- In recipes that call for flour, use at least half whole wheat flour.
- Use whole grain bread or whole grain cracker crumbs in meatloaf.
- Try brown rice stuffing (cooked brown rice, onion, celery, and seasoning) in baked green peppers or tomatoes.
- Try a whole grain snack chip, such as baked tortilla chips.
- For a change, try brown rice or whole wheat pasta.
- Use whole grains in mixed dishes, such as pearl barley in soup and bulgur in casseroles or salads.



At least half of your grains should be whole grains.



Where can I get more information?

www.FloridaWIC.org
www.nutrition.gov
www.mypyramid.gov

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WIC
Good Nutrition for
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Florida Department of Health

