



Whole grains make a difference

Whole grains keep your heart healthy and are good for digestion and maintaining a healthy weight. Choose foods with “100-percent whole wheat” or “100-percent whole grain” on the label. You can also check the ingredient list to see if the word “whole” is before the first ingredient listed (for example, whole-wheat flour). If it is, it’s whole grain.

It’s easy to get your children in the habit of eating and enjoying whole grains if you start when they are young. Whole grains provide B vitamins, minerals and fiber to help them be strong and healthy.

What can you do to help your child choose a variety of grain foods including whole grains?

- Next time you are at the grocery store see how many breads your child can count.
- Children love to be involved in preparing food. Allow them to help with simple tasks in the kitchen. The muffin recipe on the back is a healthy recipe kids are sure to enjoy.



**Start
them early
with whole
grains.**

Children can learn about healthy eating and becoming more active from reading books.

Want to find books on those topics to read with your child?

Go to our Goodreads account

<http://umurl.us/OLPI>

(Case-sensitive URL)

Kids in the Kitchen

Your child gets to practice skills like:

- cracking eggs
- stirring batter
- filling muffin cups

Recipe

Hidden Treasure Muffins

(Makes 12 muffins)

Ingredients:

- 1½ cups flour (or try ¾ cup flour and ¾ cup whole-wheat flour)
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup sugar
- 2 eggs
- 1 cup low-fat milk
- ½ teaspoon vanilla
- ¼ cup vegetable oil
- Vegetable cooking spray
- Fruit pieces, chunks such as strawberries

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees F.
3. Spray vegetable cooking spray in a 12-cup muffin tin.
4. In a large bowl, mix the flour, baking powder, baking soda, salt and sugar. Stir until it is well mixed.
5. In a medium-size bowl, mix eggs, milk, vanilla and oil. Stir about 20 times.
6. Add the liquid ingredients to the dry ingredients. Stir until the batter is smooth. Don't mix too much.
7. Fill each muffin cup half full. Put a strawberry or fruit chunk in the center of each muffin. Push it down with your finger.
8. Bake the muffins for 15–20 minutes. Stick a toothpick or fork into a muffin to see if it is done. The toothpick should come out clean. If not, bake several more minutes and test again.
9. Remove the muffins from the pan to cool for at least 10 minutes. The fruit gets very hot!



Don't forget!

Move more!

Physical activity is an important part of good health. Make family time active time. Do things together such as walking in the park, playing games and swimming.



Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance