

Make at least Half Your Grains Whole!

Try for three or more servings of whole grain daily.

Each of these equals one MyPlate serving of whole grain.



3 cups of popcorn



5 whole wheat crackers



1/2 cup of oatmeal



1 slice bread



1 cup of cereal

How many servings of whole grain would you get, if you ate each of the foods below?



Sandwich = _____ servings



10 crackers = _____ servings



Movie Popcorn = _____ servings



Toast = _____ servings



1 cup oatmeal = _____ servings



2 cups cereal = _____ servings



To get inspired, listen to – and sing along with – the Whole Grain Train Song available at www.WholeGrainsCouncil.org/resources/song. Discuss the importance of eating three or more servings of whole grains daily, then do the math!