

SEPTEMBER 2025

the CRUNCH Club

VOL 7

What do these foods have in common?

Brown rice, bagels, macaroni noodles, tortillas, and cereal?

Answer: They are all a part of the grain food group.

What is a Whole Grain?

A grain is a tiny seed that comes from plants like wheat, rice, corn, and oats. When these seeds are harvested from the field they go to a mill and are ground up into very little pieces to make a soft flour. Flour is then used for baking. At home it can be mixed together with water and other ingredients to make grain foods like bread, crackers, pretzels and pancakes.



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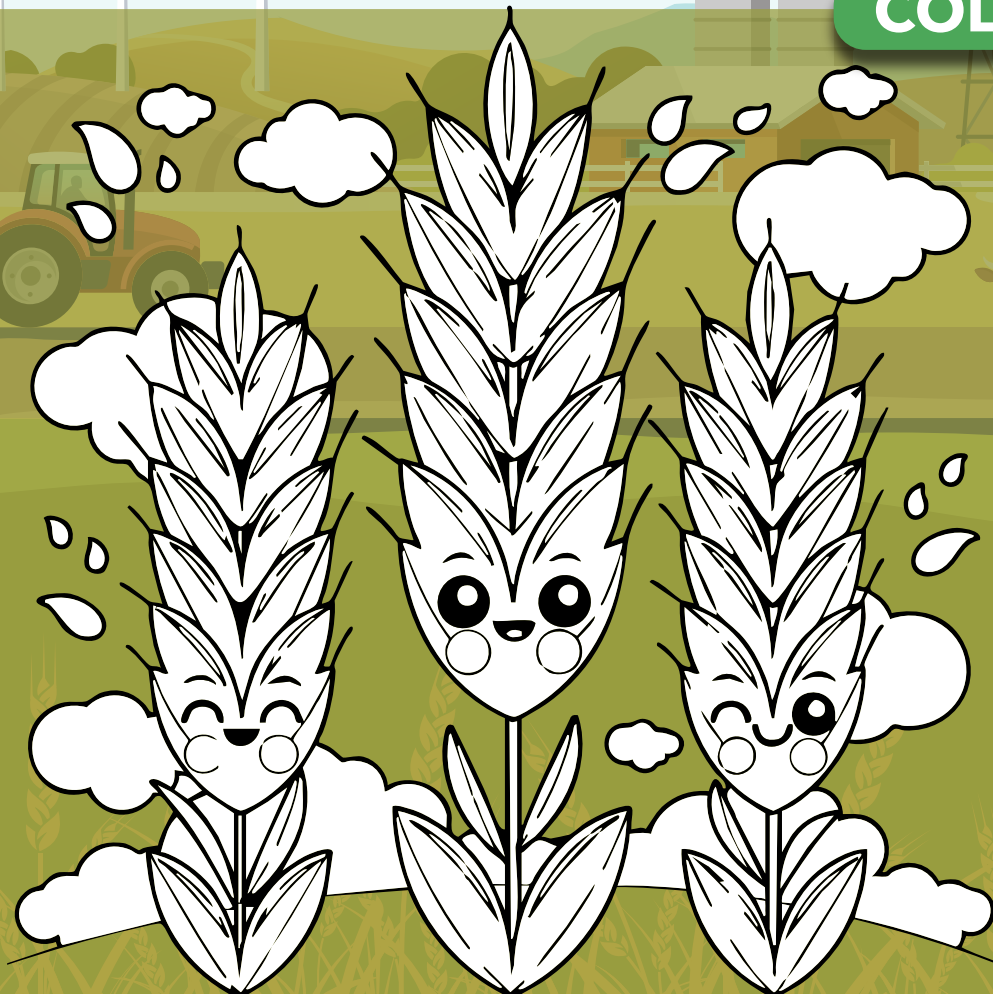
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Why are Whole Grain foods important?

- Grains give your body energy so you don't feel tired or cranky.
- Whole grains have fiber, which keeps your tummy healthy and working the way it should.
- They also give you minerals like magnesium to help make your bones and muscles strong.
- Don't forget the B vitamins they're like brain boosters that help you focus and remember things.

**When you are shopping that the store be sure to
pick grain foods that are labeled
100% Whole Grain.**

COLOR ME!



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ALL ABOUT THEM GRAINS!

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OUT NOW!