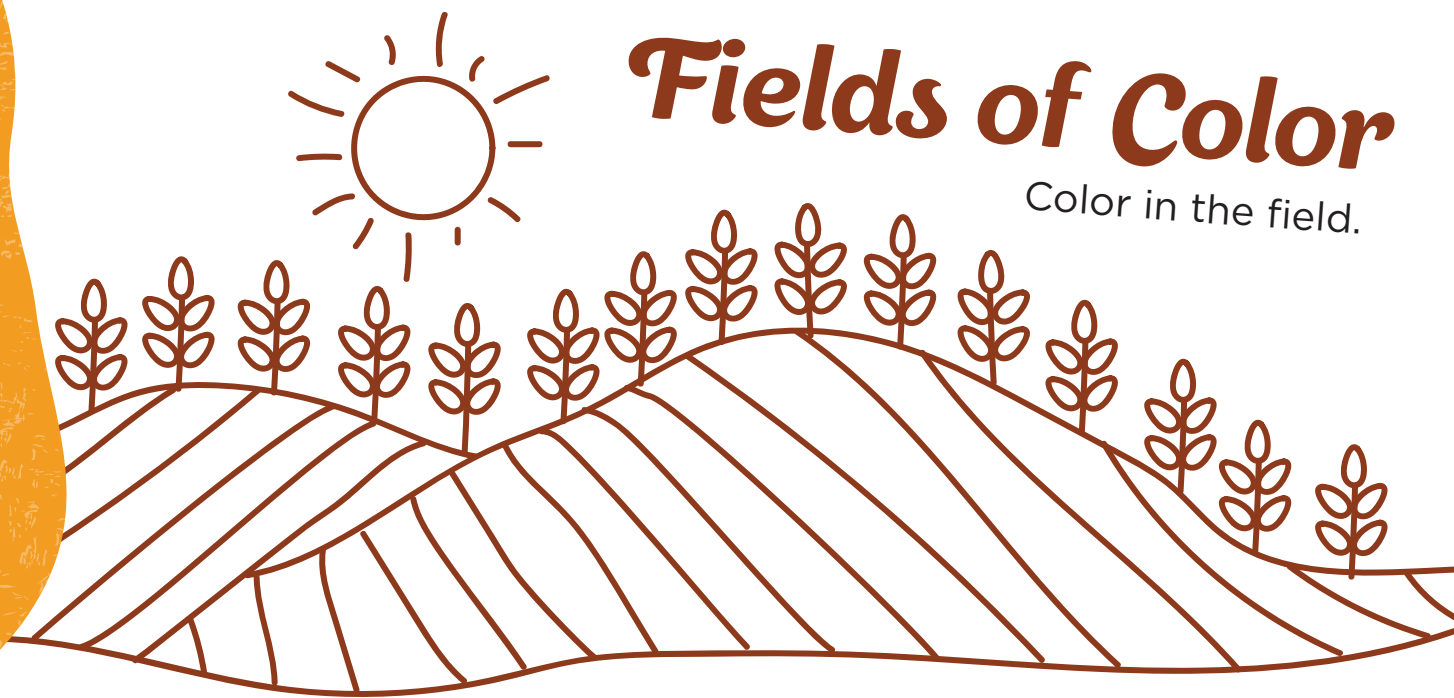
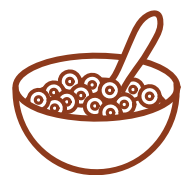


GO with the GRAINS!



Fields of Color
Color in the field.



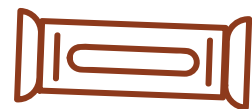
CEREAL



SODA



WHEAT BREAD



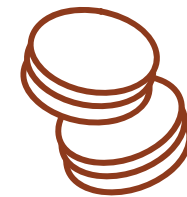
CANDY BAR



OATMEAL

Choose Whole Grains

They are **packed with nutrients** that **keep you full** and help **build strong bones**. Circle the whole grain-rich foods.



SANDWICH COOKIES



RICE



POTATO CHIPS



POPCORN



ICE CREAM



WHEAT PASTA



Get Moving Challenge

Whole grains give you energy! Use yours to try a new exercise every day.

MON



10 Jumping Jacks

TUES



1 Minute of Jogging

WED



5 Sit-Ups

THURS



10 Lunges on Each Leg

FRI



5 Minute Dance Party