

GO with the GRAINS!



WHEAT BREAD



CANDY BAR



SANDWICH COOKIES



RICE

Choose Whole Grains

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



OATMEAL



POPCORN



ICE CREAM



SODA



CEREAL



WHEAT PASTA



POTATO CHIPS



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

Choose Whole Grains: Cereal, Wheat Bread, Oatmeal, Rice, Popcorn, Wheat Pasta