

# THE CASE FOR GRAINS AT SCHOOL BREAKFAST



It's no mystery why whole grain-rich foods like pancakes, waffles, and toaster pastries are great for breakfast – they're quick, convenient, and delicious. But did you know that whole and enriched grains also support healthier lifestyles in children and adolescents?<sup>1,2</sup> Get the facts on the benefits of whole and enriched grains below to help your students uncover their best selves.

## WHOLE & ENRICHED GRAINS PROVIDE A TOP-NOTCH TEAM OF NUTRIENTS KIDS NEED TO THRIVE.

Both whole and enriched grains contain carbohydrates, which our bodies use for energy. Grain-based foods are important sources of key nutrients like iron, zinc, and B vitamins,<sup>3</sup> and higher whole grain intake has been associated with positive measures of cognitive function in kids and teens!<sup>4</sup>

## SEARCHING FOR A BALANCED STUDENT BREAKFAST? EXPERTS AGREE – WHOLE & ENRICHED GRAINS ARE KEY!

Grains have an important place on a balanced breakfast tray. MyPlate, a tool developed by the U.S. Department of Agriculture (USDA), allots about one-quarter of a standard plate for grains, approximately the same amount as proteins, fruits, and vegetables.<sup>6</sup>

## WHOLE GRAINS CAN ALSO HELP REDUCE THE RISK OF OBESITY, A COMMON CULPRIT AMONG KIDS & TEENS.

On the hunt for ways to promote healthy weight in your students? Here's a hint: more whole grains! Higher whole grain consumption is associated with reduced odds of overweight/obesity in children and adolescents ages 5–18.<sup>1</sup>

### DID YOU KNOW?

Grain-based foods contribute nearly 55% of all fiber consumed in the United States!<sup>5</sup>

### DID YOU KNOW?

Grains are a great starting point for breakfast and can serve as a vehicle for other food groups and nutrients.<sup>7</sup>

### DID YOU KNOW?

Whole grains may also play a role in helping manage fasting blood glucose in adolescents.<sup>2</sup>

## SHOULD GRAINS BE A STAPLE IN YOUR SCHOOL BREAKFAST? THE EVIDENCE POINTS TO YES.

When involved parents, dedicated cafeteria managers, and innovative foodservice suppliers are on the case, there's nothing we can't solve for our schoolkids. Let's work together to put our students on the trail of a brighter future with nourishing, nutrient-rich grains at breakfast.

