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**phone:** 303.840.8787  
[www.wheatfoods.org](http://www.wheatfoods.org)

## Winning Ways

### Introducing the Goodness of Whole Grains to the Whole Family

Struggling to get your children to enjoy whole grains? Try these ideas to make nutrition fun and appetizing:

- For the little ones, use a funky cookie cutter to cut fun shapes out of your child's favorite sandwiches.
- Look for whole grain cereals. During a healthy breakfast, make a game out of looking for whole grain messages on the cereal box.
- Kids tend to copy their parents' habits. So, parents, it is up to you set the example early by eating healthy yourselves.
- Try mixing and matching your child's favorite toppings. How about a peanut butter and banana sandwich made with whole grain bread? Let your child's imagination run wild.
- Make healthy eating an adventure, perhaps by relating it to the "old times" when wheat was the main staple of most civilizations (e.g., the Egyptians who built the pyramids ate grains to stay strong and healthy).
- Kids like to help out and feel grown up. Have your child help you in the kitchen to make mini pizzas (spread pizza sauce, shredded cheese, and your child's favorite pizza toppings on a whole wheat English muffin and you put it in the oven).
- Use online resources, such as [www.wheatfoods.org](http://www.wheatfoods.org), to find kid-friendly, healthy recipes like those listed below.

### Kids Cereal Trail Mix



2 cups Crispix® cereal  
2 cups Cheerios® cereal  
1 cup Goldfish® crackers  
1 cup small pretzels  
¾ cup raisins

½ cup M&M's®  
½ cup peanuts or cashew pieces  
½ cup yogurt covered raisins (optional)  
½ cup candied pineapple chunks (optional)  
½ cup dried banana slices

**Directions:** Combine all ingredients and serve.

**Servings:** Makes 30 ¼-cup servings

**Nutritional analysis:** One serving provides approximately: 166 calories; 6 g fat (2 g saturated); 3 mg cholesterol; 229 mg sodium; 27 g carbohydrates; 1 g fiber; 17 µg folate; 3 g protein; 1 mg iron.

**Source:** Wheat Foods Council



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### WINNING WAYS/PAGE TWO

#### 100% Whole Wheat Muffins



½ cup margarine or butter  
½ cup granulated sugar  
½ cup light brown sugar  
1 teaspoon baking soda

1 egg  
¼ teaspoon vanilla  
1 cup milk, 1% or fat-free  
2 cups whole wheat flour

**Directions:** Preheat oven to 400°F. Have ingredients at room temperature. Line muffin tin using paper baking cups, or use cooking spray to coat the bottom of the muffin tin.

With electric mixer, cream margarine, granulated sugar, brown sugar, and baking soda together, scraping bowl with spatula. In a small bowl, using a fork, beat together the egg and vanilla; add to creamed mixture. Beat until light and fluffy. Add milk to creamed mixture. Gradually add whole wheat flour and lightly stir ingredients together so dry ingredients are barely moistened. Over-mixing will make the muffins tough and form tunnels.

Fill muffin tins two-thirds full and bake 15 to 17 minutes, or until browned. Remove from muffin tin and cool on wire rack.

**Safety tip:** Do not lick the spoon or eat the batter, as the recipe contains raw egg and could cause illness — especially in young children. Wait until the batter is baked and then enjoy a nice warm muffin!

**Servings:** Makes 12 muffins.

**Nutritional analysis:** One muffin provides approximately: 231 calories; 9 g fat (1 g saturated fat); 19 mg cholesterol; 120 mg sodium; 34 g carbohydrates; 3 g fiber; 14 µg folate; 5 g protein; 1 mg iron.



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**WINNING WAYS/PAGE THREE**

## Alphabet Sandwiches and Cheese Crackers

### Alphabet Sandwiches:



4 slices of soft whole wheat sliced bread  
4 to 8 slices of part skim mozzarella or American cheese (depends on cookie cutter size)  
Alphabet or other shaped cookie cutters  
Vegetables for decoration

**Directions:** Cut each slice of bread into two letters — perhaps spelling your child's name; place on a baking sheet. (Save leftover bread for stuffing or bread pudding.)

Cut cheese with same cookie cutter and place directly on top of the bread. Decorate with pieces of vegetables.

Bake for 3 to 4 minutes just until cheese is soft, but does not run down the sides. Cool slightly before serving.

**Servings:** Makes 8 small sandwiches.

Nutrition analysis: Each serving provides approximately: 80 calories; 3 g fat (2 g saturated); 10 mg cholesterol; 225 mg sodium; 6 g carbohydrates; 1 g fiber; 2µg folate; 6 g protein; 0 g iron;.

**Source:** Wheat Foods Council

### Cheese Crackers:



Whole grain crackers  
Canned, processed cheese spread

**Directions:** Decorate crackers either with numbers or letters to help your child learn in a fun and tasty way.



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**WINNING WAYS/PAGE FOUR**

**Kids' Funny Face Pizza Snacks**



4 whole grain English muffins, split  
½ cup pizza sauce or low-fat pasta sauce  
¾ cup part-skim shredded mozzarella cheese  
Vegetables

**Directions:** Preheat oven to 350°F. Lightly toast English muffins in toaster. Arrange on a baking sheet and spread each muffin with sauce, then top with cheese. Cut vegetables into shapes as suggested below.

Bake for 12 to 15 minutes, or until cheese melts.

**Suggestions for faces:** For eyes, use olives, mushrooms, or carrot strips; for nose, use cherry tomato halves, zucchini slices, or mushrooms; for mouth, use bell pepper slices or carrot strips; for hair, use strips of carrot or cauliflower or broccoli florets cut in small pieces.

**Servings:** Makes 8 servings.

**Nutritional analysis:** One serving provides approximately: 190 calories; 1 g fat; 0 mg cholesterol; 659 mg sodium; 20 g carbohydrates; 5 g fiber; 42 µg folate; 23 g protein; 3 mg iron.

**Source:** Wheat Foods Council