

PARENT GUIDE

Whole Grains

At your child's school, students are learning about staying healthy by eating fruits and vegetables, proteins, whole grains and drinking plenty of water. This week, they focused on whole grains and physical activity.

ABOUT THE LIFE TIME FOUNDATIONSM

Our mission is to help schools eliminate what we call the "Harmful 7SM" ingredients from the food they serve so every child receives the healthy food they deserve.

THE HARMFUL 7

Trans Fats & Hydrogenated Oils:
Associated with heart disease risk

High-Fructose Corn Syrup: Main concerns are weight gain, obesity and weight related diseases

Hormones & Antibiotics:
Overexposure, antibiotic-resistant bacteria

Processed & Artificial Sweeteners:
Contribute to overweight, obesity and weight-related diseases

Artificial Colors & Flavors: May cause hypersensitivity and hyperactivity

Artificial Preservatives: Increased risk of cancer

Bleached Flour: Bleaching accomplished by use of unnecessary chemical that should be avoided; banned in some countries



We believe in removing the *Harmful 7* because processed, artificial and unhealthy foods negatively impact children in many ways, including: obesity, type 2 diabetes, heart disease, high triglycerides, increased cancer risk, learning disabilities, limited attention spans, hyperactivity, behavior problems, depression and anxiety.

We also believe in the importance of providing nutrition education so students understand the "why" behind the removal of the *Harmful 7* and helping them make informed healthy choices. Teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits can help them begin to make healthy and sustainable changes for life.

For more information on the Life Time FoundationSM, please visit
<https://www.ltffoundation.org/>
and follow us on Facebook, Twitter and Instagram,
or call us at 952-229-7226.



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Have you noticed your child talking or asking about whole grains? This may be because we've been talking about it at school. By teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits, you can help them begin to make healthy and sustainable changes for life.

DID YOU KNOW?

- Grains like wheat and rice come from plants.
- A "whole grain" contains all three parts of the grain (germ, bran and endosperm). Refined grains only contain part of the grain.
- Eating a whole grain is healthier than eating just part of the grain because whole grains provide your child with longer-lasting energy throughout the day.

START THE CONVERSATION

- Ask for your child's ideas and don't forget to share yours, too!
- Why are whole grains good for you?
- What are some examples of whole grain foods?
- What's your favorite whole grain food?

THINGS TO TRY!

- Try substituting whole grain bread for white bread, brown rice for white rice or oatmeal for regular dry cereal.
- Experiment with a new whole grain like whole grain barley, buckwheat, bulgur or quinoa.
- Your child may not like new foods on the first attempt, but their taste buds keep changing, so try one new item each day.

FAMILY ACTIVITY: COOK TOGETHER

Cooking and meal preparation is a great way to get children interested in new foods, so invite them to the grocery store and farmers market. Also ask them to help you prepare simple meals using whole grains.

Easy recipes to try:

- Whole grain pita filled with hummus, sliced cucumber and cheese
- Oatmeal with fresh fruit, nuts, and cinnamon or honey