Make at least Half Your Grains Whole!
Try for three or more servings of whole grain daily.

Each of these equals one MyPlate serving of whole grain.

- 3 cups of popcorn
- 5 whole wheat crackers
- 1/2 cup of oatmeal
- 1 slice bread
- 1 cup of cereal

How many servings of whole grain would you get, if you ate each of the foods below?

- Sandwich = ______ servings
- 10 crackers = ______ servings
- Movie Popcorn = ______ servings
- 1 cup oatmeal = ______ servings
- 2 cups cereal = ______ servings

To get inspired, listen to – and sing along with – the Whole Grain Train Song available at www.WholeGrainsCouncil.org/resources/song. Discuss the importance of eating three or more servings of whole grains daily, then do the math!