

How to Get Your Kids to Eat Whole Grains

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As the mom of three active kids, I know how hard it is to get your kids to eat healthy much less eat whole grains even though that is our business. They want to eat what "Everyone" else is eating. I even bought the Deliciously Deceptive cookbook but some things cannot be disguised. After feeding a growing athletic boy for 15 years and adding fast food and concession stand cuisine to our routine, I feel I have learned to balance the healthy with the kid friendly. I've been asked to teach nutrition to various Owensboro/Daviess County students at school and extra curricular groups and graciously agreed to write for Jeff and the Scoreboard family.

I'm going to give you the synopsis of what I share with the students I have had the privilege to visit. It is not as hard as you think to get your kids to eat whole grains if you substitute it in places they won't be able to tell the difference. When buying for your family, check the nutrition for dietary fiber of 2g or more. After the 100% Maple syrup has drowned Kroger Multigrain or Eggo Nutri Grain waffles the kids can't taste the difference. If your making waffles at home, try the Fiber ONE mix, great waffles and great for you. Now for pancakes, I have to recommend Great Harvest Whole Wheat and Oats Pancake mix. Of course, it's our favorite and we use only fresh, natural ingredients. We also offer Cinnamon Chip Whole Wheat Bread which is great for breakfast. It tastes like cinnamon toast and the only thing mom has to do is pull out a slice, stick in the toaster and then plate it. We also offer Cranberry Almond Oatmeal at Great Harvest. I have to tell you about my granddaddy. He is 94 years old and still farming in Henderson. He has eaten oatmeal for breakfast every morning since I can remember. That's the only breakfast food in his house. Being an active 94, he must be doing something right.

For sandwiches and really picky eaters, switch kids to Great Harvest's Harvest Blend bread first. It is a white and wheat mix and not "brown". Lots of kids love our Honey Whole Wheat, though. It's so filling it only takes one slice. Cut in half for a kids All Natural Peanut Butter and All Fruit Spread PB & J sandwich. 100% Whole Wheat torillas are an easy switch for Mexican dinners at home. My kids love pasta. Therefore, my easy switch is whole wheat pasta. Once again it is drowned in marinara sauce and the kids don't know the difference. A great healthy sauce that they love is Florentine. They don't realize it has spinach in it and I don't tell them. They just sit there commenting on how they love spaghetti! I have to bite my tongue to keep from laughing. We have also gotten on a brown rice kick, the real stuff not the microwave kind. If your in a time crunch, I use 90 second long grain or brown rice, both are better for you than white rice.

If you look in my van, don't be surprised to find a loaf of whole grain bread, yogurt covered cherries, granola or Great Harvest energy bars for the drive time between school and extra curricular activities. Good luck with your families healthy eating, "Us moms have to stick together".