



## Eat Real Challenge Whole Grains At Every Meal

*Try to make sure that half of the grains you eat daily are whole grains. Here are some quick ideas for including whole grains at breakfast, lunch, dinner and snack time!*

### Breakfast:

- Start off the day with a warm breakfast porridge made of steel-cut oats, quinoa millet, or barley. Add in berries, banana, apple or pear to sweeten things up, and walnuts for crunch.
- Add cooked whole grains to your morning egg and vegetable omelet or frittata
- Add millet or plain cooked brown rice to your pancake or muffin batters.

### Lunch:

- For lunch, prepare the classic brown rice and beans. Add in olive oil, herbs and veggies. This meal is protein packed and easy to make!
- Add grains to your salads to help you feel satisfied and add texture to your meal.

### Dinner:

- For dinner, stuff a bell pepper with quinoa, beans and herbs.
- Add whole grains like quinoa, sorghum, brown rice or millet to your vegetable soups.
- Use whole grains in your stir-fry. Swap out the white rice for brown, or look for whole grain soba noodles.



### Desserts & Snacks:

- Add raw or cooked oats to your smoothies, or add to plain Greek yogurt and top with fresh or frozen berries
- Make rice pudding with brown rice