

# A Bite of Health

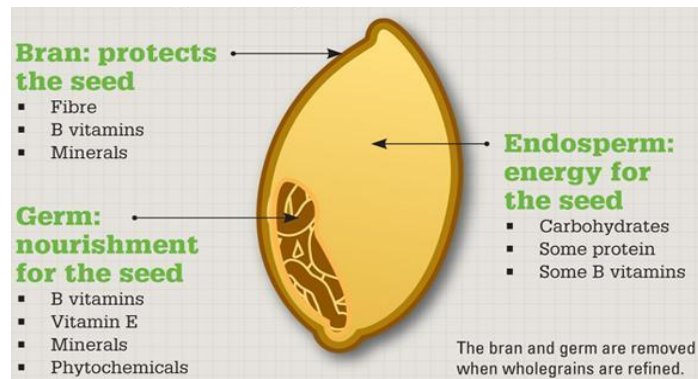
As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## Whole Grains Just Hit Different!

This month, students are learning about whole grain foods through a campaign called Whole Grains Just Hit Different. Here is a summary of the learnings and how you can support your teen's health.

### What is a whole grain?

All grains start out as whole grains. If, after milling, all three parts of the original grains (endosperm, bran, and the germ) are kept in their original proportions, they qualify as whole grains.<sup>1</sup> Whole grains contain protective antioxidants similar to some fruits and vegetables. The fibre keeps us feeling fuller longer after meals and helps with digestive health.<sup>2</sup>



### Try some whole-grain meal ideas

Breakfast	Lunch	Snack	Dinner
<b>Whole-grain bagel</b>	Stuffed whole-grain pita	Air-popped, unbuttered popcorn	Brown rice with stir-fry
<b>Oatmeal and fruit</b>	Whole-grain wrap	Quinoa salad	Tacos in corn tortilla
<b>Whole-grain pancakes</b>	Hamburger on whole grain bun	Whole-grain crackers and cheese	Whole-grain pasta

### Things to keep in mind:

- Just because the label says *multi-grain*, *12 grain*, or *organic*, it doesn't mean it's made with whole grains
- Look on the label to see if whole grain is listed first on the ingredients list
- Canadians need to eat a variety of whole grains every day to promote health and vitality<sup>1</sup>

Reference:

<sup>1</sup> <https://www.eatrightontario.ca>

<sup>2</sup> <https://www.dietitians.ca>