

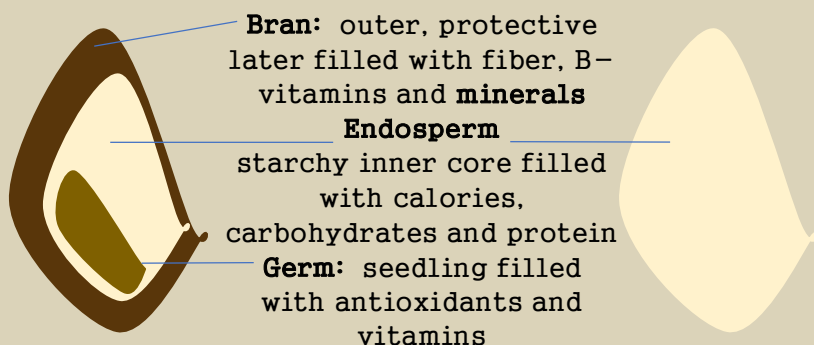
## ... what it means to be whole-grain rich?

The USDA has released new rules on school nutrition—all grains served in schools must be whole-grain rich. School meals must serve foods that meet the whole-grain rich criteria: 100% whole grains or a balance of whole-grain flour and/or meal and enriched flour and/or meal.

By definition, a whole-grain consists of the entire cereal grain seed and its three parts—the bran, the endosperm, and the germ. Together, all three parts contain macronutrients, Fiber, vitamins and minerals, as well as antioxidants, which are all important for children's growth and development!

# did you know...

## ... what makes whole grain different from a refined grain?



## ... that these foods meet the whole-grain rich criteria?

- Froot Loops®
- Doritos®
- Cheetos Puffs®
- Pillsbury™ Mini Cinnis

Yes! These snacks are made with whole grains, which means they are a great source of fiber and B-

vitamins including niacin, thiamin, and folate. These grains can help reduce blood cholesterol, obesity, and Type 2 diabetes!

## ... that Trix™ Yogurt got even better!

General Mills has removed gelatin and reduced the sugar content in the popular snack. Now, a serving of Trix Yogurt has 9 grams of sugar instead of 13.

