



Whole Grain Toast & Waffle Toppings

One of my favorite ways to increase whole grain intake in children is by using foods they already love (like toast and waffles). Start by making the swap to whole grain versions of these.

Here are [10 ways to change up the toppings on toast and waffles](#) to add more nutrition. You can add these individually or layer them.

1. **Mashed/sliced avocado**
2. **Seed butter**
3. **Tomatoes**
4. **Jam or preserves**
5. **Smashed berries**
6. **Mashed banana**
7. **Cottage cheese**
8. **Honey drizzle**
9. **Scrambled eggs**
10. **Cream cheese**



WHOLE GRAINS & HEALTH

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Whole grains are unrefined grains that contain all three parts of the kernel: the bran, germ, and endosperm. They are a good source of fiber, vitamins, minerals, and antioxidants. They are also rich in fiber which is important for digestion and helping children go to the bathroom regularly.

Refined grains, on the other hand, have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life (think about white breads & flours). But, it also removes dietary fiber, iron, and many B vitamins.

Whole grains to focus on:

- Whole wheat flour (used for bread, muffins, etc.)
- Whole grain breads
- Oatmeal
- Brown rice
- Cereals made from whole grains

Tips for increasing whole grain intake in children:

1. Have several options available

- Whole grain bread for toast or sandwiches
- Whole grain waffles
- Oatmeal for breakfast
- Whole grain cereals like o's
- Whole grain vs. enriched pasta

2. Transform something they enjoy already:

- If your child loves crackers, try giving them a whole-grain version.
- Make their favorite Mac N Cheese with whole-grain pasta
- Swap out the white bread on sandwiches with a whole wheat version
- Mix their favorite cereal ½ and ½ with a whole grain cereal.

3. Start small:

- Make 1 change at a time, then layer the changes together.
- Be patient with your children as you introduce them to new items.

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