

# Missouri WIC provides whole grains for WIC families.



*Make half your grains whole grains.  
There are lots of choices!*

## **WIC-Approved Whole Grain Choices:**

*(See the WIC Approved Food List for specific whole grain choices)*

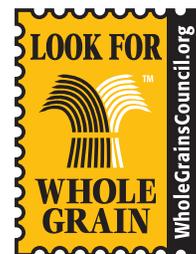
- Whole grain cereals
- Whole grain or whole wheat bread
- Brown rice
- Whole wheat tortillas
- Soft corn tortillas

## **Eat more whole grains:**

- Choose a whole grain cereal, such as oatmeal, to start your day
- Fix whole wheat toast topped with peanut butter for a satisfying breakfast
- Use 100% whole wheat bread for sandwiches
- Munch on whole grain cereal for a filling snack
- Make tacos or burritos with whole wheat tortillas
- Add brown rice to casseroles, soups and salads
- Use brown rice in recipes that call for rice
- Use rolled oats or crushed whole grain cereal as a breading for baked chicken or fish

**Find whole grains in your grocery store. Read the ingredients list or look for the whole grain stamp (this might not be on all whole grain foods). Look for:**

- Whole wheat
- Whole (grain name)
- Whole oats or oatmeal
- Brown rice



Graphic courtesy of Oldways and the Whole Grains Council, [wholegrainscouncil.org](http://wholegrainscouncil.org)

Including whole grains in your meals is simple:

### **Breakfast:**

1/2 cup of oatmeal topped with fruit

### **Lunch:**

Sandwich with two slices of whole wheat bread

### **Snack:**

Whole wheat tortilla with melted cheese and salsa

### **Dinner:**

1/2 cup of brown rice

[www.dhss.mo.gov/wic](http://www.dhss.mo.gov/wic)

Missouri  
**WIC**



# Recipes for Women and Children

## Golden Chicken Nuggets

Nonstick vegetable spray  
1 lb. boneless, skinless chicken breasts  
½ cup low-fat Italian or honey-mustard dressing  
4 cups bran flakes

1. Heat oven to 425°F, and spray baking sheet with vegetable spray.
2. Cut chicken into 1-inch pieces.
3. Crush cereal, and place in bowl or plastic food-storage bag.
4. Dip chicken pieces into dressing; then roll in cereal until well coated.
5. Place on baking sheet. Bake about 10 minutes or until chicken is no longer pink in the center.

Makes 4 servings.

*Each serving provides 378 calories, 34 grams protein, 38 grams carbohydrate, 10 grams fat, 570 milligrams sodium, 8 grams fiber.*

## Yummy Oatmeal Peanut Butter Bars

2 cups oatmeal	½ cup margarine
2 eggs	1 cup peanut butter
½ cup brown sugar	⅓ tsp. vanilla extract
½ cup white sugar	¼ cup fat-free milk

1. Preheat oven to 400°F.
2. Combine oatmeal and eggs in a bowl and stir.
3. In a separate bowl, mix brown sugar, white sugar and margarine.
4. Add the oatmeal and eggs to the sugar mixture. Add peanut butter, vanilla and milk. Stir gently to mix well.
5. Spread the mixture into a greased 13 x 9 x 2-inch baking pan.
6. Bake for 30 minutes. Let cool slightly before cutting into bars.

Makes 24 servings (1 bar each).

*Each serving provides 137 calories, 4 grams protein, 12 grams carbohydrate, 8 grams fat, 180 milligrams sodium, 4 grams fiber.*

*Recipes courtesy of National WIC Association*

