Health Benefits of Grains
Grains have many health benefits associated with them. They provide nutrients that are important to keeping our bodies working. People who eat whole grains as a part of a balanced diet have a reduced risk of some diseases and are less likely to gain body fat than those following a low-carb, high fat diet.

Whole grains can:
- Improve heart health
- Reduce the risk of diabetes
- Reduce the risk of obesity
- Reduce the risk of cancer

What are the healthy parts of a grain?
- Fiber
- Vitamins
- Minerals
- Phytochemicals
- Antioxidants

The 2005 Dietary Guidelines recommend 6-1 oz servings of grains a day for adults, with half of them coming from whole grain sources. For preschoolers the recommended amount is 4 oz/day. An example of a 1 oz serving is a piece of bread.

Whole Grain Snack Ideas for Kids
- Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- Stuff a whole-grain pita pocket with cream cheese and Granny Smith apple slices. Add a dash of cinnamon.
- Mix together whole grain ready-to-eat cereal, dried fruit, and nuts in a sandwich bag for an on-the-go snack.
- Toss dried cranberries in instant oatmeal.
- 100% whole wheat crackers with cheese.
- Melt cheese on a 100% whole grain tortilla and roll it up.
- Light butter popcorn.

Did you know?
9 out of 10 people do not get the recommended 3 servings of whole grain each day.
71% of consumers think they’re getting enough whole grain.

To be labeled “Whole Grain”, grain products must include at least 51% whole grain.

Companies have to pay to use the Whole Grains Council stamps, so not all products that meet these standards will carry the stamps.

Don’t forget...
- Eat 6 oz of grain a day.
- Make half of your grains “whole”.
- Look for “whole wheat” or “whole grain” at the beginning of the ingredient list.
- Grains contain many qualities that help improve overall health.
What is a grain?
The grain group consists of foods such as:
- Bread
- Tortillas
- Pasta
- Rice
- Oats
- Cereals
- Pretzels
- Crackers

Oatmeal is a great whole grain breakfast choice!
To spice it up try adding:
- raisins
- walnuts
- cinnamon
- peanut butter

9 out of 10 people do not get the recommended 3 servings of whole grain each day.

What is a Whole Grain?
A whole grain is the entire edible part of any grain including the bran, endosperm and germ. When grains go through processing they are often broken up and only a portion of the whole grain is used in things such as white bread.

Look for these code words on the label:
- 100% whole wheat
- 100% whole grain
Also
- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice
Happy Halloween!

OCTOBER 2009

TTU Early Head Start

Halloween Fun Word Search

bat black broom cat costumes ghosts halloween hoot monster moon mummy night owl pumpkin scare skeleton spider spirits spooky vampire witch ghosts bat n t b o l h s p o o k y p v o b a w i t c h o u a t l l b r o o m w m m q a l n i g h t l p p j c o s t u m e s k i n k w a s c a t p i r s k e l e t o n i n e j e e m u m m y d f i m o n s t e r q e y m o o n o e s c a r e

Happy Birthday

Mykell Edwards 12th
Dontrell Johnson 15th
Za’Riyah Norris 15th
Victor Doss 18th
Jonah Ortega 28th
Debbie Neckles 14th
Amy Brunton 17th

In the newsletter...

- PAT Information - “Support Your Child’s Early Learning”
- Nutrition newsletter - “The Whole Grain Way”
- Monthly Calendar

“Meet Mike Day”

October 13th
7:30 - 9:00 AM

Stop by the lobby of EHS on October 13th, from 7:30 to 9:00 am to learn more about the ASQ (Ages and Stages Questionnaire.) Also, get to know Mike Olsen, the center’s Family Support Specialist.

September Perfect Attendance

- Rodolfo Basaldua
- Chrissi Carter
- Kaden Fulcher
- Me’Zahria Hawkins
- Vizhoun Moore
- Chelby Sims
- Za’Maya Thomas
- Jayla Traylor
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>5  9:55-11:25 a.m. – Estacado Parent Class by Janet</td>
<td>6  10-11:00 am PAT Special Activity “Chalk Art” 3:00 – 4:30 pm – PAT Playground Opportunity</td>
<td>7  9:45 – 11:15 ECI/PAT Parent Group</td>
<td>8  11:45-12:30 New Directions Mom’s Class by Madeline</td>
<td>9  11:45-12:30 New Directions Dad’s Class by Mike</td>
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<td>11</td>
<td>12</td>
<td>13  7:30 – 9:00 a.m. “Meet Mike Day” 9:55-11:25 a.m. – Estacado Parent Class 6:00 – 7:30 p.m. – Policy Council Mtg. Governance Training at Golden Corral</td>
<td>14  9:45 – 11:15 ECI/PAT Parent Group and Family Fun time “Playing with Blocks” 3:00 – 4:30 pm – PAT Playground Opportunity</td>
<td>15  11:45-12:30 New Directions Mom’s Class by Madeline</td>
<td>16  11:45-12:30 New Directions Dad’s Class by Mike</td>
<td>17</td>
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<td>18</td>
<td>19</td>
<td>20  1:30 – 2:30 p.m. Scrapbooking – Pooh Awards Pictures 3:00 – 4:30 pm – PAT Playground Opportunity</td>
<td>21  9:45 – 11:15 ECI/PAT Parent Group 3:40 pm PAT Special Activity “Door Hangers”</td>
<td>22  11:45-12:30 New Directions Mom’s Class by Madeline</td>
<td>23  11:45-12:30 New Directions Dad’s Class by Mike Center closes at 2:30 - No Wrap Around Care No PAT Home Visits</td>
<td>24</td>
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<td>25</td>
<td>26</td>
<td>27  9:55-11:25 a.m. – Estacado Parent Class by Janet</td>
<td>28  9:45 – 11:15 ECI/PAT Parent Group 3:00 – 4:30 pm – PAT Playground Opportunity</td>
<td>29  11:45-12:30 New Directions Mom’s Class by Madeline 2:30 - 3:30 p.m. Family Fun Time “Making Pumpkins”</td>
<td>30  11:45-12:30 New Directions Dad’s Class by Mike 2:00 – 2:30 Trick or Treat in the classrooms</td>
<td>31  Daylight Savings Time ends on November 1. Move clocks back one hour.</td>
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