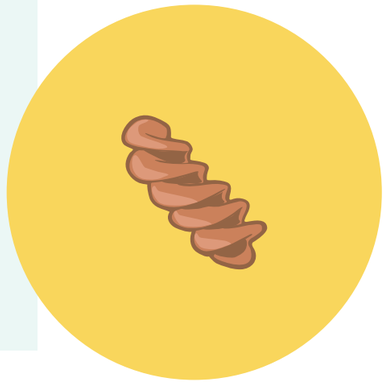
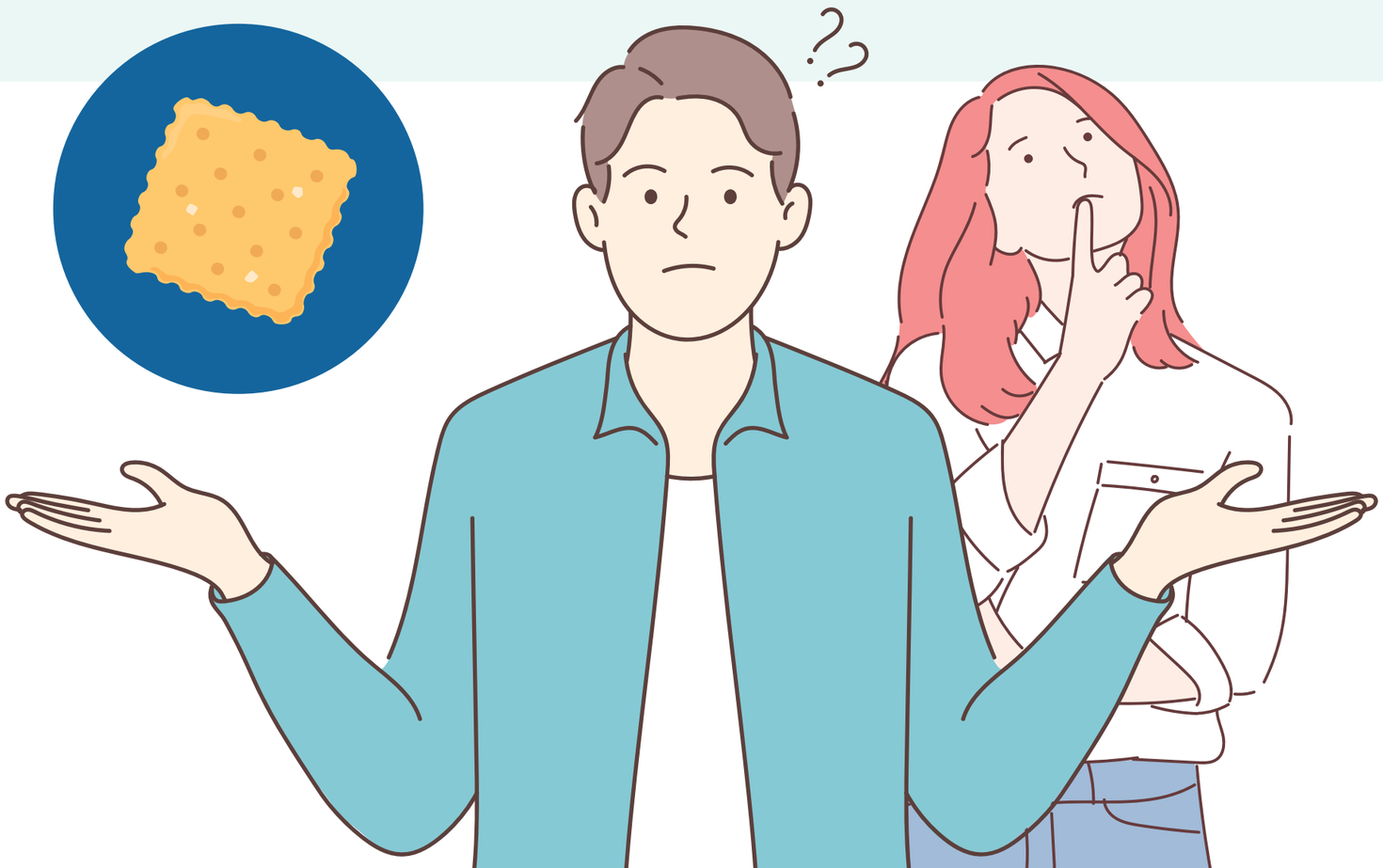
Health Promotion Board

Think you know Wholegrains?

These nutrition-packed carbohydrates might surprise you.





Wholegrains Info Bites

Get to know wholegrains and their benefits in a jiffy!

WHAT ARE WHOLEGRAINS?

Not all carbohydrates are created equal. Wholegrains are rich in nutrients like vitamins, minerals and fibre because they retain their natural form.

Refined carbohydrates like white bread and white rice are over-processed and lose these nutrients.

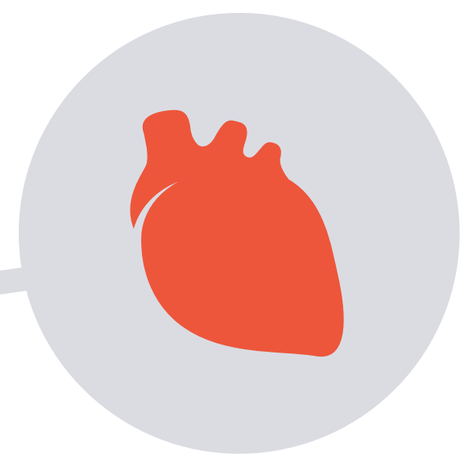
Why are wholegrains good for your child?

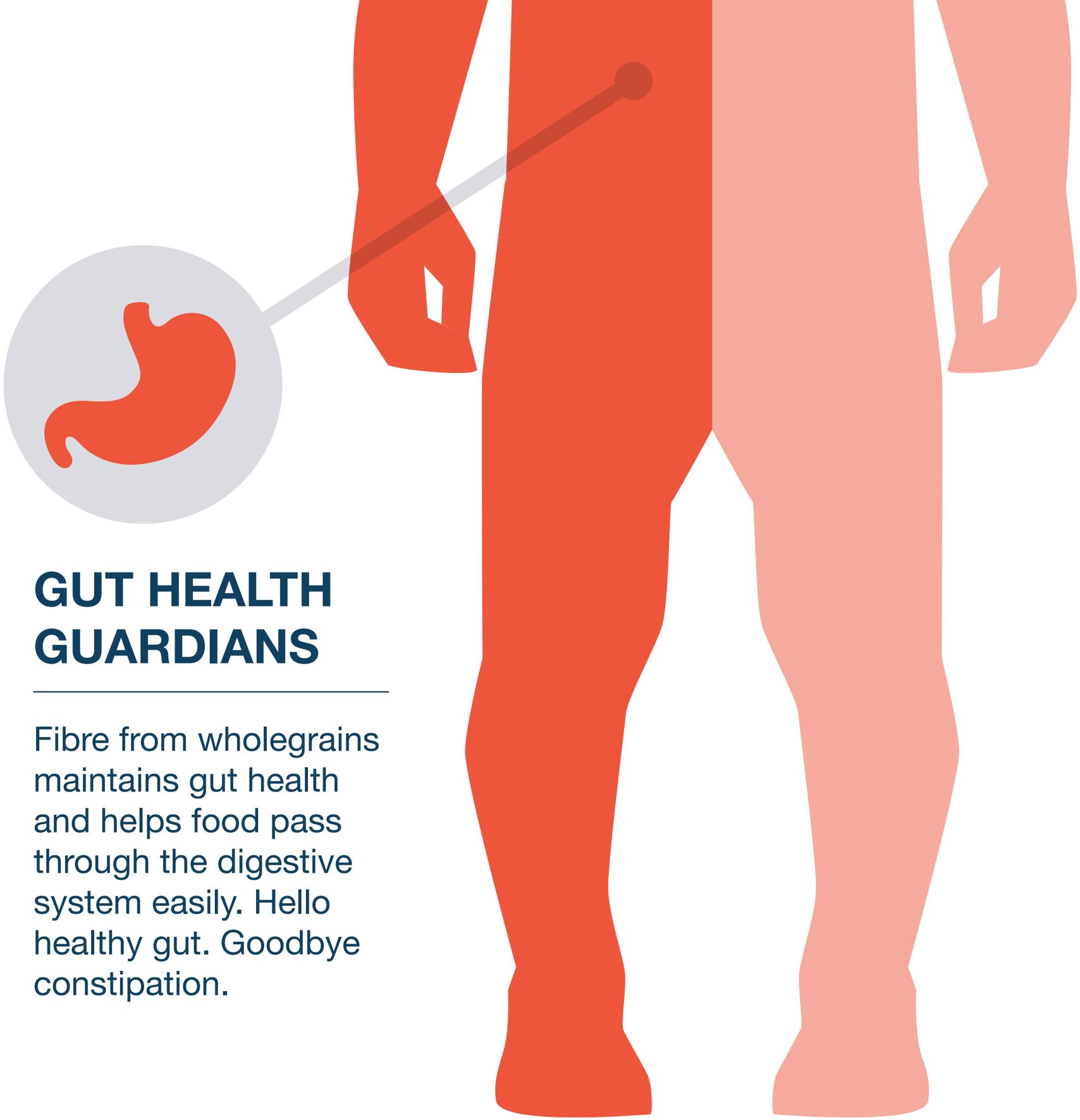
BRAIN BOOSTERS

Vitamins and minerals from wholegrains are good for brain neurotransmitters. This impacts learning, thinking and understanding.

PROTECTION AGAINST DISEASES

Give your child a healthier future with wholegrains. Studies show that nutrients from wholegrains can help lower blood cholesterol and reduce risk of heart diseases and diabetes.





GUT HEALTH GUARDIANS

Fibre from wholegrains maintains gut health and helps food pass through the digestive system easily. Hello healthy gut. Goodbye constipation.

MORE ENERGY. LESS HUNGER.

Wholegrains add bulk to your child's meals. This means they feel full for longer and have sustained energy to power through their day.

How many servings of wholegrains does your family need?

KIDS

(7-12 years old)
5-6 servings per day
or quarter plate per meal

8 INCH (20.3CM) IN DIAMETER

ADULTS

5-7 servings per day
or quarter plate per meal

10 INCH (25.4CM) IN DIAMETER

Meet the wholegrain family

Discover the wide variety of options that add colour, texture and personality to any meal.

ROBUST RICE

Packed with nutrition and a delicious nutty flavour.

BLACK RICE

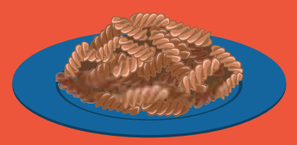
BROWN RICE

RED RICE

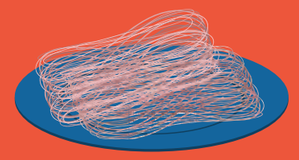
NOURISHING NOODLES

Make any meal more satisfying with these hearty noodles.

SOBA NOODLES



WHOLEGRAIN PASTA



WHOLEGRAIN BEEHOON

BALANCED BREADS

Sneak in more fibre into your picky eater's meals.

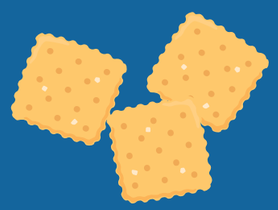
WHOLEGRAIN WRAP

WHOLEGRAIN CHAPATI

WHOLEMEAL BREAD

SATISFYING SNACKS

Quick and easy bites for when hunger strikes.



WHOLEWHEAT CRACKERS

WHOLEGRAIN CEREAL/OATS

Wholegrain hacks

Quick tips on how to add wholegrains into your family's diet.

THE SUBTLE SWAP

Start small when it comes to switching to wholegrains. Try replacing one-fifth of your white rice with wholegrain rice.

THE RIGHT PAIRING

Celebrate the nutty flavour of wholegrain pasta by pairing them with robust sauces like pesto and bolognese.

NO-FUSS COOKING

Cook wholegrains quicker by pre-soaking the grains in water.

SUPERMARKET SHORTCUT

Look out for groceries with the "Higher in Wholegrains" Healthier Choice Symbol.

Which wholegrain are you?

Take this little quiz to see what's your type of fun!

DO YOU SPEND ALL OF YOUR FREE TIME WITH YOUR KIDS?

a. Yes! We love each other's company

b. I try to. But I also give them space and privacy

c. No. Kids need freedom to have their own life and friends

DO YOU BELIEVE IN TOUGH LOVE?

a. No, I don't believe in punishment

b. Sometimes. My kids should learn to face consequences

c. Yes, good discipline is important

YOUR CHILD COMES TO YOU FOR HELP WITH A PROJECT, WHAT DO YOU DO?

a. Do most of it for them

b. Help them a little. Let them figure out the rest

c. Try to help, get fed up and ask my spouse to help

WHAT'S YOUR FAVOURITE FAMILY MEAL?

a. Breakfasts

b. Weekend lunches

c. Dinners

SELECT YOUR ANSWERS AND TALLY THEM. TURN TO THE NEXT PAGE TO DISCOVER YOUR MATCH.

If two or more of your answers are **(a)** you're matched to **Wholegrain A**

If two or more of your answers are **(b)** you're matched to **Wholegrain B**

If two or more of your answers are **(c)** you're matched to **Wholegrain C**

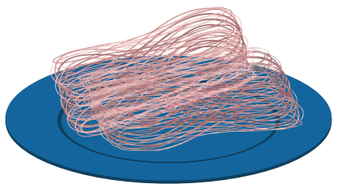
If you're roughly an equal mix of **(a)** & **(b)** you're matched to **Wholegrain D**

If you're roughly an equal mix of **(b)** & **(c)** you're matched to **Wholegrain E**

If your answers are an equal mix of **(a) & (c)** You're matched to **Wholegrain F**

Get to know your wholegrain match!

Discover your style of wholesome fun.



WHOLEGRAIN A: WHOLEGRAIN BEEHOON

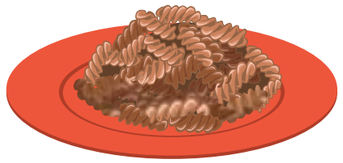
You're protective, soft and love to stick together as a family. You're not only a parent but also a friend to your child.

WHOLEGRAIN D: WHOLEGRAIN CEREAL

You're the dependable parent. It's never too early or too late, you're always there for your child.

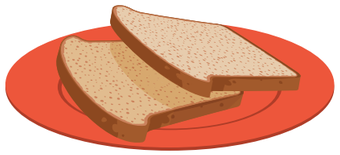
WHOLEGRAIN B: WHOLEGRAIN RICE

Being adaptive, you grow and adjust alongside your child. You're understanding and approachable.



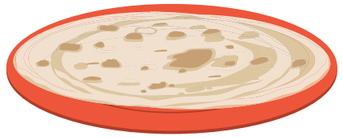
WHOLEGRAIN E: WHOLEGRAIN PASTA

You're the adventurous parent. You help your kids explore, take chances and grow from experiences.



WHOLEGRAIN C: WHOLEMEAL BREAD

Firm but also warm and supportive, you give your child a balanced foundation.



WHOLEGRAIN F: WHOLEGRAIN WRAP

Innovative and fun-loving, you're the parent that helps your kids find the balance between serious and play time.

NOTE:
THIS FUN QUIZ SHOULD NOT BE CONFUSED WITH NUTRITIONAL ADVICE.

Health Promotion Board

you've got this!

To learn more about creating
a healthy lifestyle for your child, visit
www.go.gov.sg/parenthubpriwg