



# Eat the Rainbow

March 2018  
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- Monthly Recipe: Rainbow Rice



For more information on  
how to lead a healthier  
lifestyle, visit our website  
[GetHealthyCT.org](http://GetHealthyCT.org)



# P.A.C.K.

PACK ASSORTED COLORS FOR Kids!



## Join the fun!

P.A.C.K. is all about packing more colorful fruits and veggies into children's diets. If you pack a snack or lunch for your child, **pack a fruit or vegetable based on the color of the day!**

### MONDAY is ...

Pack **PURPLE/BLUE** Day



A child-friendly way to "pack purple" is with 100% grape juice made with Concord grapes, snack-sized raisins, or blueberries (fresh, dried, or frozen).



### TUESDAY is ...

Pack **WHITE/TAN/BROWN** Day



Bananas, white peaches or even cauliflower with dressing makes a nice choice.



### WEDNESDAY is ...

Pack **RED** Day



Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges, or a delicious red apple.



### THURSDAY is ...

Pack **YELLOW /ORANGE** Day



Baby carrots are easy to pack and so are dried apricots or orange segments.



### FRIDAY is ...

Pack **GREEN** Day



Go green with celery sticks, broccoli florets, or a crisp green apple.



For children who buy lunch, be sure to encourage them to include a fruit and vegetable in their meal.

For more fun, have your child wear something to match the color of the day!

For more information visit:  
[www.FruitAndVeggiesMoreMatters.org](http://www.FruitAndVeggiesMoreMatters.org)

# P.A.C.K.

PACK ASSORTED COLORS FOR Kids!



## P.A.C.K. Tips for Parents

Join the fun during P.A.C.K. Week and help your child get more colorful fruits and vegetables into his/her day. Here are some easy tips to packing great-tasting and nutritious fruits and veggies:

### MONDAY is ...

Pack **PURPLE/BLUE** Day



**PURPLE/BLUE** fruits and veggies tend to be among the highest in antioxidant power.

- A child-friendly way to "pack purple" is with **100% grape juice** made with purple Concord grapes.
- Since dried fruit counts, too, try packing a snack-sized box of **raisins** for snack time.
- A **plum** is a tasty lunchbox addition or try including **blueberries** or **blackberries** in a reusable container.



### TUESDAY is ...

Pack **WHITE/TAN/BROWN** Day



**WHITE, TAN, & BROWN** fruits and veggies make up this color category.

- The most common white fruit is the **banana** ... and they're easy to pack and so delicious.
- Your child might enjoy a **white peach** or a **pear**.
- **Cauliflower florets** with ranch dressing are a crunchy lunch addition.



### WEDNESDAY is ...

Pack **RED** Day



**RED** fruits and vegetables are a cheery addition to the lunchbox.

- You could send your child to school with a **red apple** on Pack Red Day.
- Consider packing a few **cherries** or **strawberries** for a tasty treat.
- Many kids love **red pepper slices** or **tomato wedges**, either with or without some ranch dressing.



### THURSDAY is ...

Pack **YELLOW/ORANGE** Day



**YELLOW/ORANGE** fruits and vegetables will brighten up everyone's day.

- The most common yellow/orange fruit is the **orange**.
- **Baby carrots** are super easy to pack and kids just love them.
- Other great yellow/orange options are **nectarines**, **peaches**, or **pineapple chunks**.
- See if your child likes **dried apricots**. They're surprisingly delicious and super healthy.



### FRIDAY is ...

Pack **GREEN** Day



**GREEN** fruits and vegetables are the most commonly eaten group of fruits and vegetables ... but there's always room for more!

- **Green grapes** (halves for younger children) and **green apples** are kid favorites, and they're easy to send to school on Pack Green Day.
- **Celery sticks** or **green pepper slices** are terrific crunchy snacks and can be packed along side ranch dressing for a fun dipping option.
- Other nutritious vegetable choices are **snow peas**, **sugar snap peas**, or **broccoli florets**.





# P.A.C.K.

**PACK ASSORTED COLORS FOR Kids!**



## Colorful Ideas for P.A.C.K. Days!

### MONDAY is ...

Pack **PURPLE/BLUE** Day



#### FRUITS

- ☆ black currants
- ☆ blackberries
- ☆ blueberries
- ☆ dried plums
- ☆ elderberries
- ☆ plums
- ☆ purple figs
- ☆ purple grapes
- ☆ raisins

#### VEGGIES

- ☆ black beans
- ☆ black olives
- ☆ black salsify
- ☆ eggplant
- ☆ purple asparagus
- ☆ purple Belgian endive
- ☆ purple cabbage
- ☆ purple carrots
- ☆ purple pepper
- ☆ purple potatoes

### TUESDAY is ...

Pack **WHITE/TAN/BROWN** Day



- ☆ bananas
- ☆ dates
- ☆ white nectarines
- ☆ white peaches
- ☆ white pears

- ☆ artichokes
- ☆ cauliflower
- ☆ chick peas
- ☆ garlic
- ☆ ginger
- ☆ jicama
- ☆ kohlrabi
- ☆ mushrooms
- ☆ onions
- ☆ parsnips
- ☆ shallots
- ☆ turnips
- ☆ white corn
- ☆ white potatoes

### WEDNESDAY is ...

Pack **RED** Day



- ☆ blood oranges
- ☆ cherries
- ☆ cranberries
- ☆ grapefruit
- ☆ red apples
- ☆ red grapes
- ☆ red pears
- ☆ pomegranates
- ☆ raspberries
- ☆ strawberries
- ☆ watermelon

- ☆ beets
- ☆ kidney beans
- ☆ radicchio
- ☆ radishes
- ☆ red onions
- ☆ red peppers
- ☆ red potatoes
- ☆ rhubarb
- ☆ tomatoes

### THURSDAY is ...

Pack **YELLOW/ORANGE** Day



- ☆ apricots
- ☆ cantaloupe
- ☆ cape gooseberries
- ☆ golden kiwifruit
- ☆ grapefruit
- ☆ lemons
- ☆ mangoes
- ☆ nectarines
- ☆ oranges
- ☆ papayas
- ☆ peaches
- ☆ persimmons
- ☆ pineapples
- ☆ tangerines
- ☆ yellow apples
- ☆ yellow figs
- ☆ yellow pears
- ☆ yellow watermelon

- ☆ butternut squash
- ☆ carrots
- ☆ pumpkin
- ☆ rutabagas
- ☆ sweet corn
- ☆ sweet potatoes
- ☆ yellow beets
- ☆ yellow peppers
- ☆ yellow potatoes
- ☆ yellow summer squash
- ☆ yellow tomatoes
- ☆ yellow winter squash

### FRIDAY is ...

Pack **GREEN** Day



- ☆ avocado
- ☆ green apple
- ☆ green grapes
- ☆ honeydew
- ☆ kiwifruit
- ☆ limes

- ☆ artichokes
- ☆ arugula
- ☆ asparagus
- ☆ broccoflower
- ☆ broccoli
- ☆ broccoli rabe
- ☆ Brussels sprouts
- ☆ celery
- ☆ chayote squash
- ☆ Chinese cabbage
- ☆ cucumbers
- ☆ endive
- ☆ green beans
- ☆ green cabbage
- ☆ green onions
- ☆ green pepper
- ☆ leafy greens
- ☆ leeks
- ☆ lettuce
- ☆ okra
- ☆ peas
- ☆ snow peas
- ☆ spinach
- ☆ watercress
- ☆ zucchini

# P.A.C.K.

## PACK ASSORTED COLORS FOR Kids!



### Why Do You\* Need These Vitamins and Minerals?

\*Recommendations based on the Daily Recommended Intake (DRI) for 9-13-year-olds

#### VITAMIN/MINERAL

... and its FUNCTION:

##### ★ VITAMIN A (Beta Carotene)

Gives orange fruits and veggies their brilliant color and is a compound the body turns into vitamin A to help support healthy vision.

#### GREAT SOURCES:

- Apricots (4 fresh whole)
- Arugula (4 cups)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Mango (½ mango)
- Carrots (7" x 1¼")
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Spinach (1½ cups shredded)
- Sweet potato (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)

#### GOOD SOURCES:

- Endive (¾ cup)
- Nectarine (1 medium)
- Peach (1 medium)
- Prunes (5 dried)
- Tangerine (1 medium)
- Okra (seven 3-inch pods or ¾ cup)
- Winter squash (½ cup)

##### ★ VITAMIN C

Acts as an antioxidant, helps support healthy wound healing and can promote a healthy immune system.

- 100% grape juice
- Arugula (4 cups)
- Asparagus (5 spears)
- Banana (1 medium)
- Bell pepper (1 medium)
- Blackberries (1 cup)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Cherries (1 cup fresh)
- Collard greens (2 cups)
- Grapefruit (½ medium)
- Green beans (¾ cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leek (1 leek or 1 cup)
- Lime (1 medium)
- Mango (½ mango)
- Okra (seven 3-inch pods or ¾ cup)
- Orange (1 medium)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Pineapple (2 fresh slices)
- Plums (2 medium)
- Pomegranate (1 medium)
- Potato (1 medium)
- Radish (7 radishes)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)
- Summer squash (½ medium squash)
- Sweet potato (1 medium)
- Tangerine (1 medium)
- Tomato (1 medium)
- Watermelon (2 cups or 1/10 of medium melon)
- Winter squash (½ cup)

- Apple (large)
- Artichoke (1 edible portion)
- Avocado (½ cup)
- Carrots (7" x 1¼")
- Cranberries (½ cup)
- Grapes (½ cup)
- Lima beans (½ cup)
- Nectarine (1 medium)
- Onion (1 medium)
- Pear (1 medium)
- Peas (½ cup)

##### ★ VITAMIN E

Works as an antioxidant to support overall health.

- Broccoli (1 medium stalk)

- Blueberries (1 cup)
- Collard greens (2 cups)
- Kiwifruit (2 medium)
- Mango (½ mango)
- Nectarine (1 medium)
- Olives (½ cup)
- Papaya (½ medium fruit)
- Peach (1 medium)
- Spinach (1½ cups shredded)

##### ★ IRON

Helps support healthy red blood cells to carry oxygen throughout the body.

- Black beans (½ cup)
- Chick peas (½ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Leek (1 leek or 1 cup)
- Lima beans (½ cup)
- Olives (½ cup)
- Spinach (1½ cups shredded)

- Artichoke (1 edible portion)
- Apricots (4 fresh whole)
- Arugula (4 cups)
- Beets (1 medium beet or ¾ cup)
- Blackberries (1 cup)
- Broccoli (1 medium stalk)
- Dates (½ cup fresh)
- Figs (2 dried)
- Peas (½ cup)
- Potato (1 medium)
- Prunes (5 dried)
- Raisins (1/4 cup)

##### ★ FIBER

Helps support a healthy digestive system and keeps your stomach feeling fuller for longer which can aid in supporting weight management. Diets rich in certain forms of fiber may also help maintain healthy blood sugar and cholesterol levels.

- Apple (large)
- Blackberries (1 cup)
- Green soy beans (½ cup)
- Lima beans (½ cup)
- Pears (1 medium)
- Raspberries (1 cup)
- Spinach (1½ cups shredded)

- Artichoke (1 edible portion)
- Banana (1 medium)
- Blueberries (1 cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Dates (½ cup fresh)
- Figs (2 dried)
- Green beans (¾ cup)
- Kiwifruit (2 medium)
- Onion (1 medium)
- Orange (1 medium)
- Prunes (5 dried)
- Sweet potato (1 medium)

##### ★ CALCIUM

Supports strong bones and healthy teeth, and aids in muscle contractions that are essential for body movement.

- Calcium fortified juice (½ cup)
- Turnip greens (1 cup cooked)

- Green soybeans (½ cup)

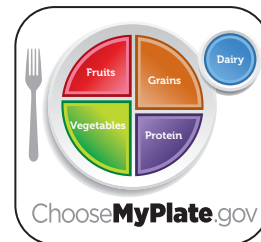
##### ★ FOLATE

Helps promote the formation of healthy cells, including red blood cells.

- Arugula (4 cups)
- Asparagus (5 spears)
- Beets (1 medium beet or ¾ cup)
- Broccoli (1 medium stalk)
- Chick peas (½ cup)
- Collard greens (2 cups)
- Endive (¾ cup)
- Great Northern beans (½ cup)
- Kidney beans (½ cup)
- Lima beans (½ cup)
- Okra (7 3-inch pods or ¾ cup)
- Peas (½ cup)
- Spinach (1½ cups shredded)
- Strawberries (8 medium or 1 cup)

- Artichoke (1 edible portion)
- Avocado (½ cup)
- Beets (1 medium beet)
- Blackberries (1 cup fresh)
- Cantaloupe (½ cup)
- Cauliflower (1/6 medium head or 1 cup)
- Green cabbage (1/12 medium head or 1 cup)
- Kiwifruit (2 medium)
- Leaf lettuce (1½ cups shredded)
- Leek (1 leek or 1 cup)
- Papaya (½ medium fruit)
- Raspberries (1 cup)

# be an active family



**Physical activity is important for children and adults of all ages.** Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

## 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



## 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

## 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



## 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

## 5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

## 6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

## 7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

## 8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



## 9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



## 10 treat the family with fun physical activity

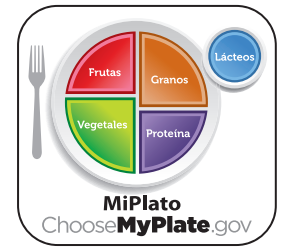
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



# 10 consejos

Serie  
de educación  
en nutrición

# que su familia se mantenga activa



## 10 consejos para que su familia sea más activa

**La actividad física es importante en niños y adultos de todas las edades.** Mantener la familia activa puede beneficiar a todos. Los adultos necesitan 2½ horas de actividad física a la semana y los niños necesitan 60 minutos por día. Siga estos consejos para incrementar la actividad física de su familia.

### 1 planee actividades específicas

Determine las horas en las que toda la familia esta disponible. Dedique algunas de éstas horas para la actividad física. Trate de hacer alguna actividad después de la cena o empiece el fin de semana con una caminata en la mañana del Sábado.



### 2 planee con anticipación y tome nota de sus logros

Escriba sus planes en el calendario familiar. Deje que los niños ayuden a planear las actividades. Permita que ellos marquen las actividades que ya realizaron.

### 3 incluya el trabajo en la casa

Deje que los niños participen en el trabajo del jardín y otras tareas de la casa. Ellos pueden ayudar rastrillando, deshierbando, plantando o aspirando.



### 4 use lo que esta disponible

Planee actividades que no requieren herramientas o espacios especiales. Ejemplos incluyen: caminar, trotar, saltar soga, jugar a las escondidas y bailar. Busque programas gratis o de bajo costo en los centros recreativos de su comunidad.

### 5 desarrolle nuevas habilidades

Suscriba a los niños en clases que los entretengan como: gimnasia, danza o tenis y ayúdelos a practicar. Esto ayudará a mantener las actividades divertidas, interesantes y desarrollarán nuevas habilidades.

### 6 planee para todas las condiciones del tiempo

Escoga algunas actividades que no dependan de las condiciones del tiempo. Pruebe caminando en el centro comercial, natación en piscina cubierta o juegos activos de video. Disfrute actividades adicionales afuera cuando el tiempo lo permita.

### 7 apague la televisión

Establezca una regla de tal manera que nadie pueda ver TV, juegos de video o usar la computadora por más de 2 horas por día (excepto por las tareas de la escuela). En vez de un programa de televisión participe en un juego familiar activo, baile su música favorita o salga a caminar.

### 8 empiece poco a poco

Empiece introduciendo una nueva actividad familiar y adicione más cuando vea que todos esten listos. Lleve al perro a largas caminatas, juegue con la pelota o vaya a clases de educación física.



### 9 incluya otras familias

Invite a otras familias a tus actividades. Esta es una manera para que sus niños compartan el tiempo con amigos mientras hacen actividad física. Planee fiestas con juegos activos como boliche, carrera de obstáculos, suscríbase en los programas familiares de YMCA o en un club recreacional.



### 10 deleite a su familia con actividad divertida

Cuando sea tiempo de una celebración familiar, planea algo activo como premio. Planee un paseo al zoológico, al parque o al lago, para deleite de todos.



## Indoor Physical Activity Ideas for Kids!

***Activity helps children stay healthy and happy. These suggestions are useful during extended rain and snow periods when outdoor play is not possible. Television watching and use of computer or video games should be limited to 2 hours or less per day.***

- Use music for stepping, hopping, jumping in place.
- Have kids make up dances or share the latest popular or line dances.
- Play "keep the balloon up". Use one balloon per child or one balloon per small group. The group may add additional balloons as they gain control and awareness.
- Practice progressive relaxation, tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, etc.).
- Sitting exercise [sittercize]: do a variety of arm, leg, foot, and trunk exercises while remaining seated. [Use music]
- Play "fitness with the leader." This is "follow the leader," using exercises.
- Measure heart rates after various movements [hop, walk, jump, skip, etc.].
- Make up "hand jive" routines, share and teach to others.
- Try juggling, top spinning, or yo-yo contests.
- Sport mimics: act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming various strokes, and volleyball passing/serving. Everyone is skillful without the equipment!!
- Collect milk jugs to fill with varied amounts of water to use as weights. "A pint's a pound the world around!"
- Make paper airplanes and see how far they can fly-but be sure they don't point them at other people!

Source: The National Association for Sport & Physical Fitness at [www.aahperd.org](http://www.aahperd.org) <http://www.aahperd.org>



# More Indoor Activity Ideas

- Send your kids (or join them!) on a SCAVENGER HUNT!
- Build a fort
- Dance – There's a number of ways to get kids shaking with music; karaoke, dance videos or the freeze game in which kids dance until the music stops.
- Play with a pet
- Hide and Go Seek
- Try a kids workout video!
- Play Charades
- Dress up
- Hula hoop – not only can you spin the hula hoop around your body but you can also relay race pushing the hula hoop. The race doesn't have to span any longer than the length of a room.
- Kids Gym – many gyms have kid zones that children can go to while their parent gets their own rainy day physical activity.
- Traditional Games – Games like Ring around the Rosie, Duck Duck Goose, and the Hokey Pokey can all be done indoors if there's more than one child playing.
- Foam Ball Games – 'nerf'-like foam balls make perfect indoor sports equipment. Toss around a foam ball, play catch bouncing it off a wall or play basketball with a mini hoop
- Jump Rope
- Introduce activity breaks during commercial breaks any time your child watches TV so they don't remain completely sedentary

# Online Resources for Indoor Activity

Inspiration and Information for Physical Activity

[http://www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html)

Gear Up: Need a helmet? Need a ball? If you're not sure what gear you need in order to do a certain physical activity, just select it from the pulldown list and we'll let you know!

[http://www.bam.gov/sub\\_yoursafety/yoursafety\\_gearup.html](http://www.bam.gov/sub_yoursafety/yoursafety_gearup.html)

Physical Activity Online Tracking

<http://www.fns.usda.gov/tn/tnrockyrun/moveit.htm>

From the CDC about getting physical activity:

<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

Kids Health is a great resource for parents – and has some really fun stuff for kids too!

[www.KidsHealth.org](http://www.KidsHealth.org)

# Rainbow Rice

**HIGHLAND ELEMENTARY SCHOOL**  
Cheshire, Connecticut

## Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. The recipe challenge team assembled and worked hard to create a recipe that was an instant smash hit. Rainbow Rice received great reviews during taste tests at the school.

Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein. Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Susan Zentek

**CHEF:** Patricia D’Alessio (Personal Chef, LLC)

**COMMUNITY MEMBERS:** Rebecca Frost (Teacher) and Katie Guerette (Teacher)

**STUDENTS:** Luke E., Randi C., Shane C., Maya G., and Jami P.

## Whole Grains

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.





# Rainbow Rice

## Ingredients

**½ cup** Brown rice, long-grain, regular, dry  
**3 Tbsp** Brown and wild rice blend, dry  
**6 Tbsp** Barley, quick pearl, dry  
**2 tsp** Low-sodium chicken base  
**2 Tbsp** Quinoa, dry  
**3 Tbsp** Bulgur wheat, dry  
**1 cup** Fresh carrots, peeled, diced  
**1 cup** Fresh red bell peppers, seeded, diced  
**1 tsp** Extra virgin olive oil  
**¼ tsp** Kosher salt  
**3 ½ cups** Cooked diced chicken, ½" pieces (12 oz)  
**1 ½ cups** Fresh baby spinach, chopped

**Preparation Time: 15 minutes**

**Cooking Time: 1 hour**

**Makes six 1-cup servings**

## Directions

1. Preheat oven to 350 °F.
2. In a medium pot, combine brown rice, wild rice blend, barley, and 1 tsp chicken base with 1 ¼ cups water.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. In a small pot, combine quinoa and bulgur wheat with ¾ cup water and remaining 1 tsp chicken base.
4. Bring both uncovered pots to a rolling boil. Stir occasionally. Turn heat down and simmer over low heat until water is absorbed, about 30 minutes. Cover and cook an additional 10 minutes over low heat. Fluff with a fork.
5. In a large mixing bowl, combine carrots and red peppers. Drizzle with olive oil and sprinkle with salt. Toss lightly. Pour into a large nonstick baking pan. Roast at 350 °F for 20 minutes or until tender.
6. Combine cooked grains, chicken, and spinach with roasted vegetables. Mix well. Return to oven and bake for 15 minutes to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

1 cup provides 2 oz equivalent meat, ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and 1 oz equivalent grains.

**Nutrients Per Serving:** Calories **232**, Protein **22 g**, Carbohydrate **28 g**, Dietary Fiber **5 g**, Total Fat **4 g**, Saturated Fat **1 g**, Cholesterol **55 mg**, Vitamin A **5414 IU** (271.09 RAE), Vitamin C **37 mg**, Iron **3 mg**, Calcium **29 mg**, Sodium **159 mg**