



Foods in this category include rice, pasta, bread, cereal and more. Some grains are whole grains; others are refined grains. Whole grain foods contain every part of the grain and are much healthier.

Whole grains are a great source of fibre, carbohydrates, protein as well as vitamins and minerals.

By the age of 9, children should be having 4 to 5 serves of grains every day.

