



Heathy Hints from Earth's Best "Developing A Taste For Whole Grains"



It's official, whole grains are the USDA recommended way to eat your grains. That's because whole grains have more fiber and more naturally occurring vitamins and minerals than their processed makeovers. It's never too early to begin eating whole grains. Babies are practically blank slates, ready to be imprinted with the tastes of the most wholesome foods. Starting them on a diet of whole grains when they are young, means they'll grow up preferring them and benefiting from all their nutritional merits. Here's a step-by-step way to make sure your little one gets off to a lifetime of healthy whole grain habits:

1. **Whole grain infant cereal**: Babies first food is almost always an instant cereal fortified with iron. [Earth's Best infant cereals](#) are made with a variety of whole grains.
2. **Jarred foods with whole grains**: After infant cereal, many babies' next foods are from a jar. Jarred baby foods are specially formulated to be the appropriate consistency and nutritional content to support baby's growth and development. Look for stage appropriate jarred baby foods and if they have a grain ingredient, make sure it is a 'whole grain'. Earths Best has a large selection of jarred foods with whole grains; [Fruit and Whole Grain Combinations](#)
3. **Whole grain finger foods**: As your baby's 'pincher' grasp perfects, he'll be looking for things to pick up and put in his mouth. Make sure the food he picks up is made from whole grains, like [Earth's Best Sesame Street Organic On the Go Os](#) . Your baby can enjoy this cereal well into childhood.
4. **Whole grain table foods**: By about the age of nine months, babies can begin to eat more solid 'table' foods. Many of the foods you make and serve to the rest of your family can be adapted for baby. Soft cooked bits of flaky fish, or tender whole grain pasta is perfect. Earth's Best offers a table food that's specially designed for baby and is made with whole grains; [Organic Whole Grain Wheat Semolina Pastina](#).
5. **Whole grain snacks**: Healthy snacks will always be an important part of your child's diet. Make sure they are made from wholesome ingredients - including whole grains. Earths Best and Sesame Street offer a wide variety of savory or sweet snack foods you can feel good about serving your toddler and child. Yummy choices include: [Honey Graham Organic Crunchin' Blocks](#), [Sesame Street Apple Cinnamon Sticks Crunchin' Grahams](#) and delicious [Whole Grain Bars](#).

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