



**WIC...**

**Healthy Habits,  
Healthy Families**

## **Whole-wheat Bread**

**Whole-wheat bread is good source of fiber, B vitamins and folate. Enjoy whole-wheat bread for sandwiches, French toast or grilled cheese.**

### **Buying whole-wheat bread...**

- Select bread that lists **whole-wheat flour** as the first ingredient.
- Look for whole-wheat bread with the lowest amounts of saturated fat, trans fat and sodium.

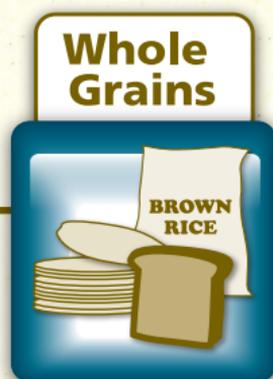
### **Storing whole-wheat bread...**

- Store bread in the plastic bag it came in at room temperature in a dry place. Do not refrigerate bread.
- If you have more bread than you can eat before it goes stale or gets moldy, you can freeze it. Thaw the bread at room temperature when you are ready to eat it.

### **Enjoying whole-wheat bread...**

- Use whole-wheat bread in all the same ways you use white bread.
- The taste and texture of whole-wheat bread are different. It may take some time to get used to it.
- If you don't like the first whole-wheat bread you try, try a different brand next time.

**Eat more whole grains.  
Increase fiber.**



# Whole-wheat French Toast

Makes  
8  
servings

This recipe uses three WIC foods:  
whole-wheat bread, skim milk and eggs.

## Ingredients...

- 4 eggs
- 1 cup skim milk
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla
- 8 slices whole-wheat bread
- 1 tablespoon margarine

## Directions...

1. In a large bowl, beat eggs. Add milk, nutmeg, cinnamon and vanilla. Beat together until mixed well.
2. Melt margarine in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place on hot skillet. Cook until brown, about 2 minutes or more. Flip bread and cook on other side until brown.
5. Serve with syrup or applesauce.

## Nutrition information...

Calories 130, Fat 4.5g, Carbohydrate 16g, Protein 7g, Fiber 2g, Sodium 220mg, Cholesterol 110mg.

## Family Goals

- My family and I will try whole-wheat bread.
- My family and I will try sandwiches with whole-wheat bread.
- My family and I will try whole-wheat toast for breakfast.
- My family and I will try whole-wheat bread French toast.
- Other \_\_\_\_\_



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