

Replacing Grain-Based Desserts

Purpose: The purpose of this activity is to identify nutritious options for replacing grain-based desserts.

Instructions: Review each grain-based dessert. Then, identify some alternatives you might serve in place of the grain-based desserts.

Grain-Based Desserts	Alternatives
Breakfast bars	
Brownies	
Cakes	
Cereal bars	
Cookies	
Doughnuts	





Grain-Based Desserts	Alternatives
Granola bars	
Sweet crackers (graham and animal crackers)	
Sweet pie crusts	
Sweet rolls	
Toaster pastries	

