

Make Half your

Grains Whole



Eat MORE OFTEN

Whole Grains. They're packed full of vitamins, minerals, antioxidants, & fiber which your body needs to stay healthy. Grains give you energy, help you stay fuller longer, keep your heart healthy, boost your immune system, and promote a healthy weight.

- 100% Whole Grain breads, pasta, and crackers
- Whole grain tortillas
- Whole grain cereals
- Quinoa, Brown and wild rice
- Popcorn
- Oatmeal

Eat LESS OFTEN

Refined Grains. They're stripped of their nutrient and fiber-rich bran and germ during processing to give them a longer shelf life and lighter texture. Unfortunately, during this process they lose most of the benefits that grains give us.

- White bread and rice
- Pretzels
- Saltine crackers
- Refined pasta
- Cookies and snack cakes
- Breakfast cereals

