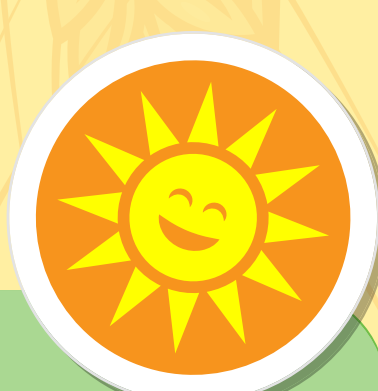


WHOLE GRAIN, WHOLE DAY!

Dietary guidance around the world encourages people to eat more whole grains.

It's easy to fit them into your busy day!

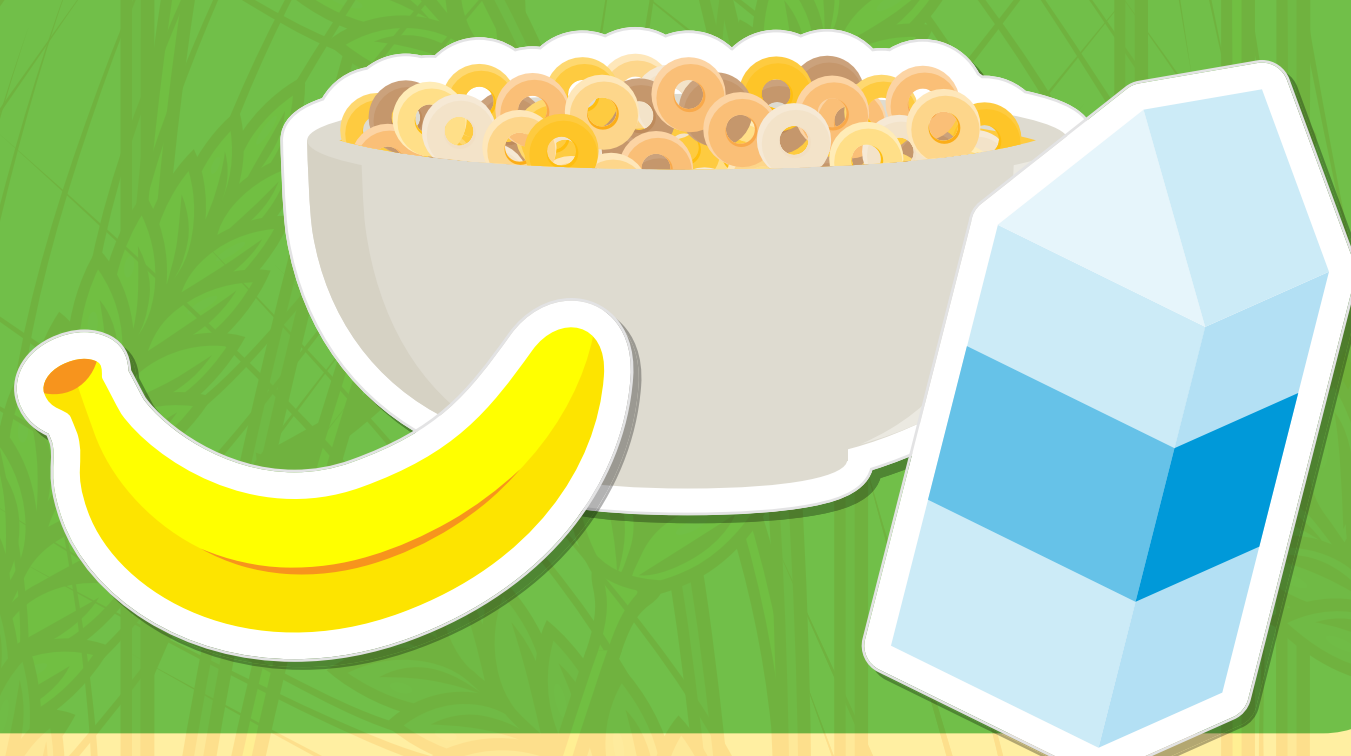
@oldways_pt



7 AM: Quick Breakfast

WHOLE GRAIN CEREAL

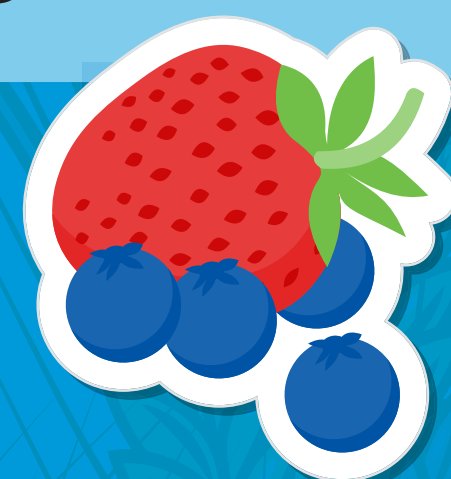
Start your day with energy!
Serve cold with milk and fruit.



11 AM: Meeting Pick-Me-Up

GRANOLA PARFAIT

Alternate layers of plain yogurt, fruit, and low-sugar granola for a morning snack.



5 PM: Pre-Workout Snack

HEALTHY TRAIL MIX

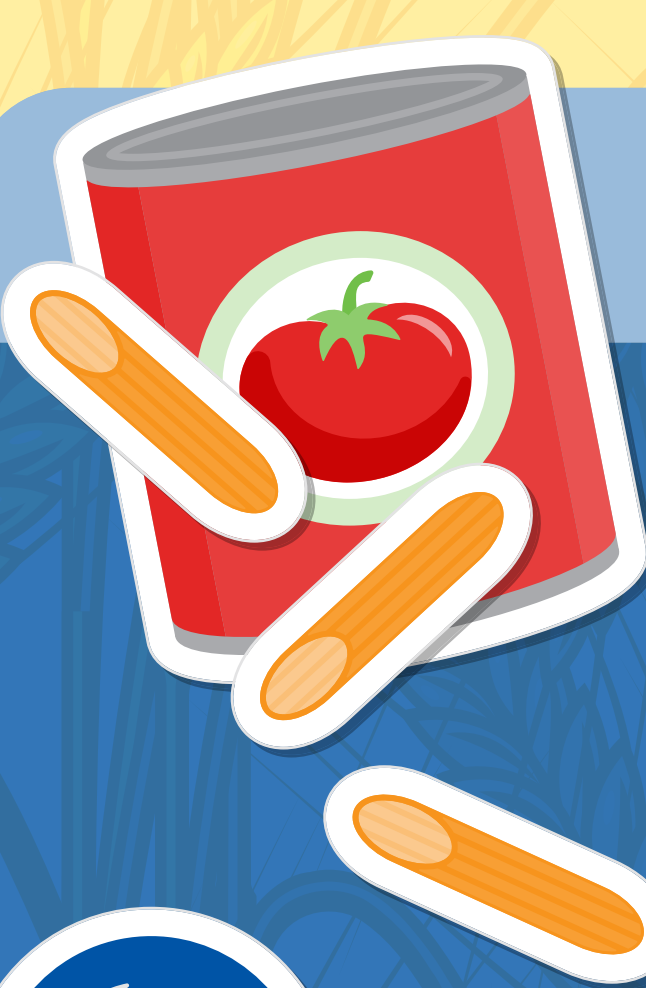
Mix together whole grain cereal, seeds, nuts, and dried fruit for grains on-the-go!



7 PM: Dinner Time!

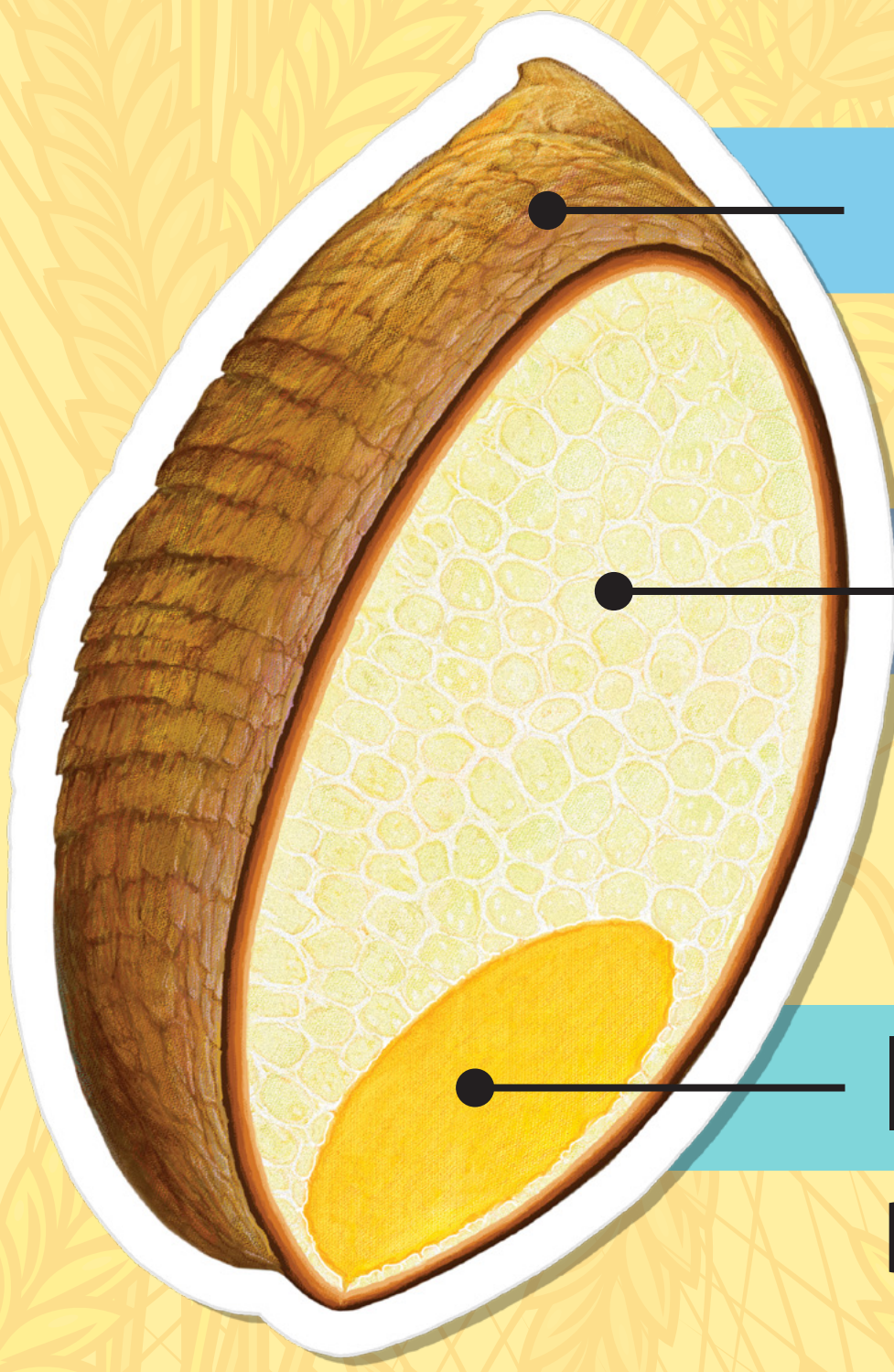
WHOLE GRAIN PASTA

Toss cooked pasta with tomato sauce, spices, and veggies like spinach or mushrooms.



WHOLE GRAIN, WHOLE BENEFIT.

Eat whole grains for **vitamins**, **minerals**, and **fiber**.



IN THE BRAN

antioxidants, B vitamins, fiber

IN THE ENDOSPERM

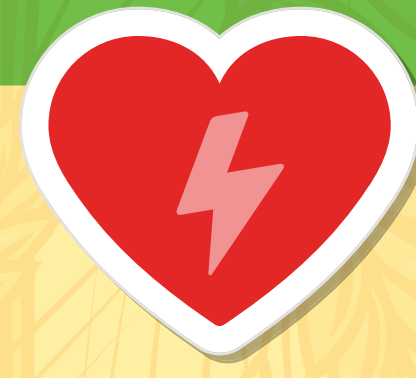
starchy carbohydrates, proteins, small amounts of vitamins and minerals

IN THE GERM

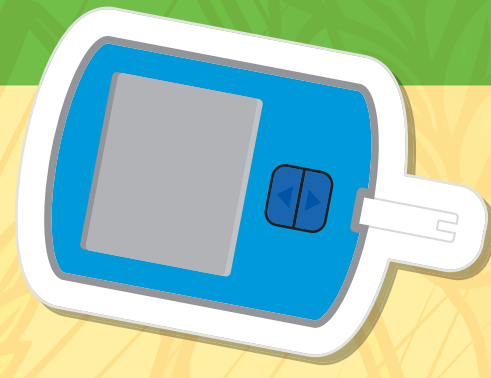
B vitamins, protein, minerals, healthy fats

Whole grains **help reduce** your risk of:

HEART DISEASE



DIABETES



CERTAIN CANCERS



Discover more about whole grains at
WholeGrainsCouncil.org