

## WHOLE GRAIN MONTH



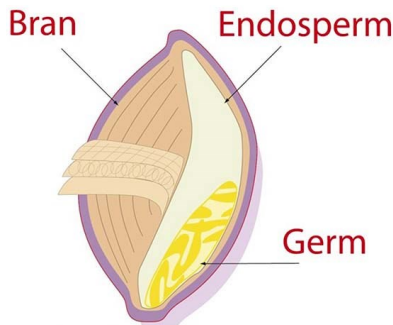
**DID YOU KNOW** 99% of the population is not getting enough whole grain in their diet?

### ADDING WHOLE GRAIN ITEMS TO YOUR LIST

Shop for items listing these ingredients.
Whole Wheat
Whole Wheat Flour
Whole Cornmeal
Brown Rice
Whole Grain Rye Berries
Oats, Oatmeal
Bulgur
Graham Flour

### WHAT IS A WHOLE GRAIN?

A whole grain is a grain that maintains all three original parts of the grain in the same proportion as when the grain was growing in the field.



Look for items with this stamp from the Whole Grain Council. The stamp will indicate the whole grain percent per serving.

### WHY ARE WHOLE GRAINS SO GREAT?



Good source of energy



Provides B vitamins and minerals



Are a source of fiber

### WHAT ARE THE BENEFITS?



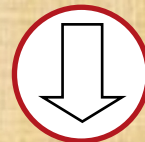
Supports Heart Health



Better Weight Maintenance



Improved Digestive Health



Reduces the Risk of Certain Cancers

Visit [wholegrainscouncil.org](http://wholegrainscouncil.org) to learn more.