



Good for your whole body.



WHAT ARE “WHOLE GRAINS”?

There are many grains, including wheat, rice, oats or cereal grains. **“Whole grains” retain every part of the grain.** Refined grains have been milled, losing the bran and germ.



WHAT’S GOOD ABOUT WHOLE GRAINS?

Many whole grains are sources of **dietary fiber**, which healthy bodies need. Whole grains also supply you with **nutrients, such as vitamins and minerals.**



3+

SERVINGS EVERYDAY

WHOLE GRAINS ON THE DAILY.

The American Heart Association recommends **eating three or more servings** of fiber-rich whole grains every day.

GOOD SOURCES OF WHOLE GRAINS.

Look for **whole-wheat bread, pasta or crackers.** Or consider oatmeal, brown (or wild) rice or whole-grain breakfast cereals. Sorghum is another versatile whole grain that can be added to many dishes.



MAKE WHOLE GRAINS A HABIT.

Our **“Habit Coach” videos** unpack the science behind habits. Learn the secrets to making healthy habits stick.

Some varieties are:

Rye



Millet



Barley



Wheat



Oat



Sorghum



Quinoa

