

WHOLE GRAINS: A SUSTAINABLE FOOD

WHOLE GRAINS PROVIDE MORE FOOD, LESS WASTE

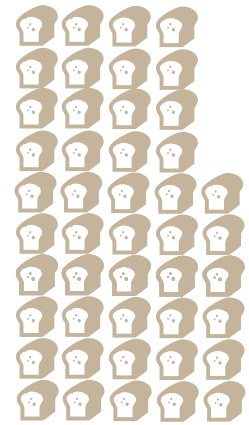


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60 (24 OZ) LOAVES OF WHOLE GRAIN BREAD...

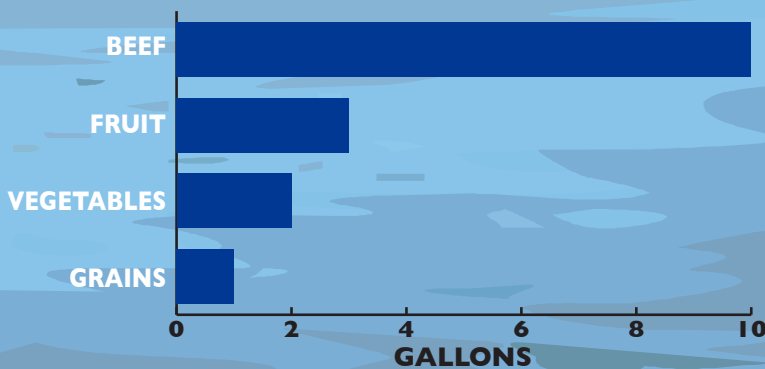
BUT ONLY



42 (24 OZ) LOAVES OF WHITE BREAD

WHOLE GRAINS SAVE WATER

WATER NEEDED TO PRODUCE ONE CALORIE OF FOOD



Many of the driest regions in the world depend on hardy grain crops when water is limited.

ANCIENT GRAINS ARE MORE TOLERANT OF EXTREME WEATHER. FOR EXAMPLE:

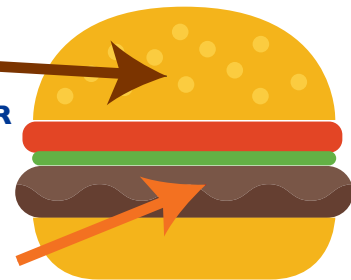
- **MILLET** has one of the lowest water requirements of any grain crop.
- **TEFF** thrives in drought and also grows well in water-logged soils.



CREATING THE **BUN**
6.4 GALLONS OF WATER

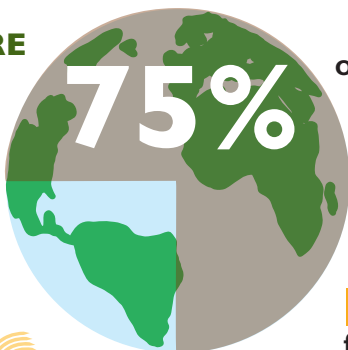


CREATING THE **BURGER**
197 GALLONS OF WATER



WHOLE GRAINS SUPPORT BETTER LAND USE & HEALTHY SOIL

EATING MORE **GRAIN-BASED MEALS** COULD FEED MORE PEOPLE WITH LESS LAND.



of global agricultural land is used for animal products which only supply **17%** of our food (in calories).

IMPROVE SOIL FERTILITY



Rotating crops with whole grains like barley, oats, rye, and triticale in the off-season can help protect against soil erosion, and also deliver nutrients back to the soil.

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SOURCES:

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75% of Land for 17% of Calories:

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Improves Soil Fertility:

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