

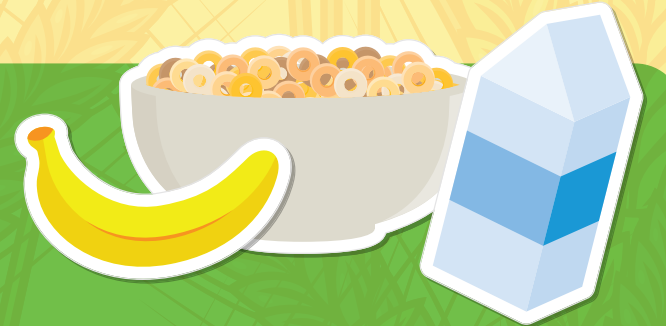
# WHOLE GRAIN, WHOLE DAY!

Dietary guidance around the world encourages people to eat more whole grains. **It's easy to fit them into your busy day!**

**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

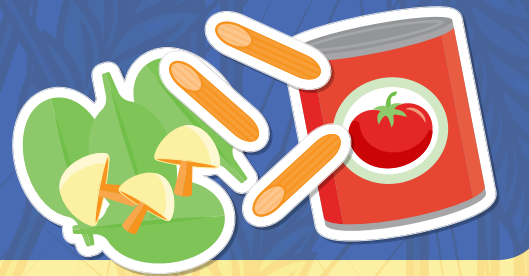
Mix together whole grain cereal, seeds, nuts, and dried fruit for grains on-the-go!



**7 PM:**  
Dinner  
Time!

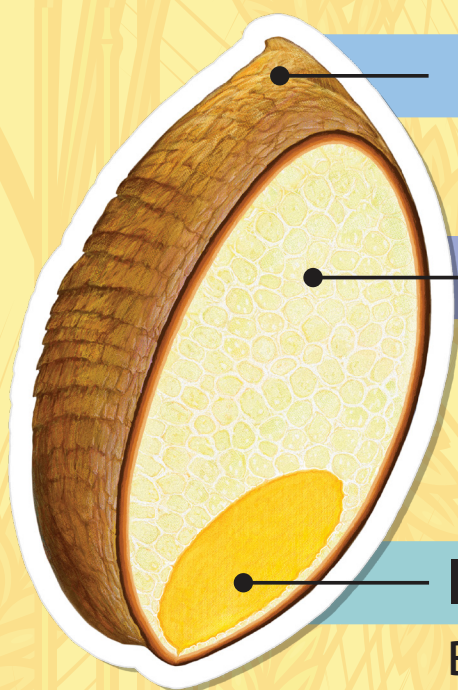
## WHOLE GRAIN PASTA

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

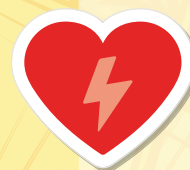
### IN THE ENDOSPERM

starchy carbohydrates,  
proteins, small amounts  
of vitamins and minerals

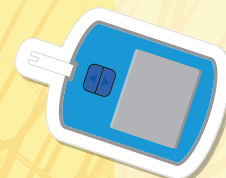
### IN THE GERM

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](https://www.wholegrainscouncil.org)

