

Whole Grains Offer **MORE** Than Just Fiber

Whole grains are a **food group**.

Fiber is a **nutrient**.



Fiber is just **one of many nutrients** found in whole grain foods. Other nutrients in whole grains include:

Copper, Lignans, Magnesium, Manganese, Phenolic Compounds, Phosphorus, Phytoestrogens, Protein, Selenium, Thiamin, Vitamin E, Zinc, and more!



If you get fiber from vegetables, nuts, or fruit, do you still need to eat whole grains? **✓ YES** Not all fiber is created equal. Different types of fiber have different benefits.

Research suggests:

- To reduce the risk of colorectal cancer, the evidence for whole grains is **STRONGER** than the evidence for fiber alone.
- To reduce the risk of liver cancer, the evidence for whole grains is **STRONGER** than the evidence for fiber alone.
- To reduce the risk of type 2 diabetes, the evidence for fiber from whole grains is **STRONGER** than the evidence for total fiber.

Learn more at WholeGrainsCouncil.org/fiber



Eating fiber from a **variety of sources** supports a healthy gut microbiome, the **“friendly bacteria”** in our gut that keep us healthy



Key Message: Whole grains are greater than the sum of their parts