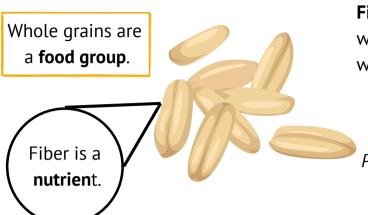
Whole Grains Offer More Than Just Fiber



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



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



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

