



TWEETS

Whole Grains '15

These Tweet ideas coordinate well with resources we've featured in this ONE Toolkit. Once you've posted the corresponding resource on your website, you can include a link, with your own URL, in your Tweet.

Optional Hashtags: #wholegrains #healthygrains

Busted! Whole Grains Myths

When it comes to good health, whole grains are part of the solution!

Whole grains play a role in a healthy diet.

Enjoy whole grains everyday for good health – and great taste!

Intact whole grains and pasta have a low glycemic index and won't spike your blood sugar.

Wheat grown in the US is not genetically modified. Another myth busted!

Whole Grains Defined

Whole grains contain healthy nutrients, vitamins and fiber.

Make your grains whole grains to get the most nutrition and flavor in every bite.

A whole grain retains 100% of the goodness of the kernel – vitamins, nutrients & fiber.

From amaranth to wild rice, there's a whole grain to enjoy every day.

Will the Real Whole Grains Please Stand Up

How to decipher an ingredient label? Check this chart to ensure whole grains are inside.

The ingredient list is key – read it to ensure you're getting whole grains.

Don't be fooled by whole grain imposters. Check this chart to learn more.

Multigrain doesn't always mean whole grain – check the ingredient list to be sure.

The Whole Grain Stamp guarantees you're getting at least ½ serving of whole grain.

Ancient Grains for Today's Tastes

Ancient grains are perfect for modern cooks. Delicious and healthy too.

Modern tastes love ancient grains. Try some today.

Ancient grains include millet, teff, wild rice and farro.

Black and red rice are even higher in antioxidants than brown rice.

Try ancient grains – they're easy to cook, delicious and versatile.

Sprouted Grains for Better Health

Sprouted grains are little gems of nutrients & vitamins; & may be easier to digest.

Reap the benefits of extra nutrients & fiber - eat sprouted grains

Sprouting grains unlocks extra nutrients – a bonus for you!

Sprouted grains are popping up everywhere in the grocery store!

continued



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Protein in Whole Grains? Yes!

Looking for alternate sources of protein? Try whole grains!
Many whole grains qualify as a good source of protein. No fooling.
Whole grains have more fiber and protein than refined grains.
A serving of most whole grains provides 12% of RDA of protein, same as a hard-boiled egg.

How Much Whole Grain is Enough

Enjoy whole grains everyday. It's easy and delicious!
3 cups of popcorn = 1 serving of whole grains – now that was easy!
See how easy and delicious it is to get your 3-6 servings of whole grains everyday!

Gluten Free Doesn't Mean Grain Free

Most whole grains are gluten free, including corn, rice, and quinoa.
Gluten-free bakers don't despair. Many whole grains can be substituted for wheat.
Eat a variety of whole grains for good taste and good health.
Good news! Gluten free doesn't mean grain free!

Whole Grains Quick and Tasty

Try instant grains with chopped frozen veggies for a quick & tasty meal.
Today's whole grains can be on the table in no time. Try instant or microwavable pouches.
On the run? Take a single serving cup of whole grains with you.
Quinoa and bulgur are quick cooking whole grains – ready in around 15 minutes!

Why Not Enjoy More Whole Grains?

Whole grains are versatile and easy to prepare (and even easier to enjoy!)
Whole grains can be enjoyed throughout the whole day – from breakfast to dinner.
Whole grains everyday – enjoy them for breakfast, lunch or dinner.
As easy to cook as rice, whole grains are delicious to enjoy anytime of the day.
Discover a new whole grain today. Your taste buds will love you.
So many delicious whole grains to try. Here's how to cook them.

Storing Whole Grains

Keeping your whole grains fresh is easy when you know how to store them.
Store whole grains in airtight containers in your pantry or freezer.
Storing whole grains in the freezer can extend shelf life by several months.

Recipes

Combine flavorful farro with cabbage for a crunchy, filling salad.
Make it with millet! Try these Manhattan Millet Cakes with hummus or guacamole.
Meld the creaminess of avocado with the nutty flavor of quinoa to create a scrumptious meal.

Easy Ways to Enjoy Whole Grains

These tips make it easy to substitute whole grains in your favorite recipes.
Whole grains can be used in many of your favorite recipes. Here's how.
Risottos and pilafs can be made with whole grains.
Kids love the goodness of whole grain pita bread.