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

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