

WHOLE GRAINS ARE GOOD FOR YOU, FROM HEAD TO TOE!

Whole grains are linked with **less inflammation** (ranking best among all 37 food groups studied) and **slower cognitive decline in aging**. Healthy diets with whole grains may also **reduce the risk of Alzheimer's disease** by up to 54%.

2016 Ozawa M et al., 2015 Morris MC et al.

Those eating the most whole grains had a **14% lower risk of stroke** than those eating the least whole grains.

2015 Fang L et al.

Greater servings of whole grains at breakfast are significantly related to **higher scores in reading comprehension and fluency, and math** in elementary students.

2015 Ptomey LT et al.

Increasing whole grain food intake by about 3 servings is linked with a **19-22% lower risk of heart disease**.

2016 Aune D et al.

Fiber from whole grains is thought to be the most protective type of fiber against type 2 diabetes. For every additional 10g of total fiber or cereal fiber (the fiber in whole grains), the **risk of type 2 diabetes is 9% or 25% lower**, respectively.

2015 InterAct Consortium

Replacing 5% of daily calories from saturated fat (like butter, cream, and red meat) with whole grains is associated with a **9% lower risk of heart disease**.

2015 Li Y et al.

Whole grains can help **improve gut bacteria**.

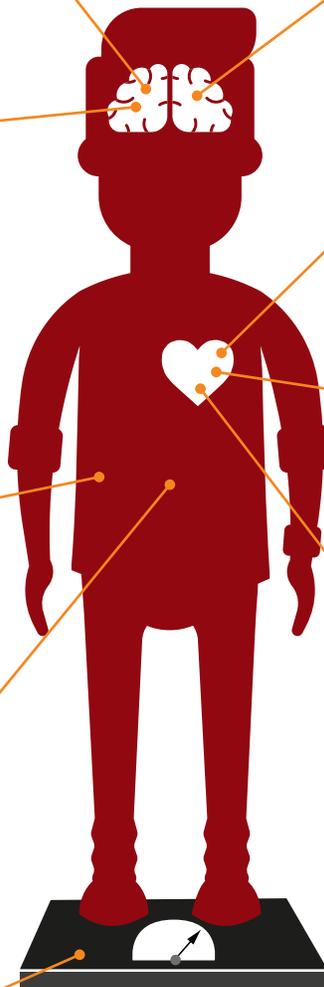
2016 Falony G et al.,
2015 Vitaglione P et al.

Patients on statins who also eat more than 1 serving of whole grains per day have non-HDL cholesterol (a combination of LDL and VLDL, or "bad cholesterol") levels that are **11 mg/dL lower** than those taking statins but not eating as much whole grain.

2014 Hang H et al.

Those eating the most whole grains have a **lower BMI and waist circumference**, and are **less likely to be overweight or obese**.

2016 Albertson AM et al.



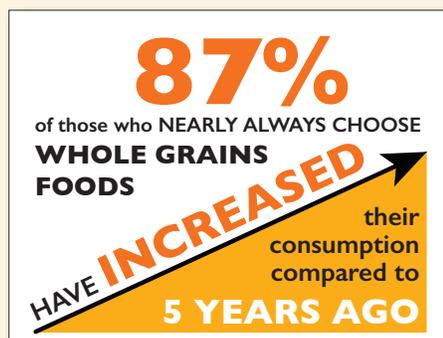
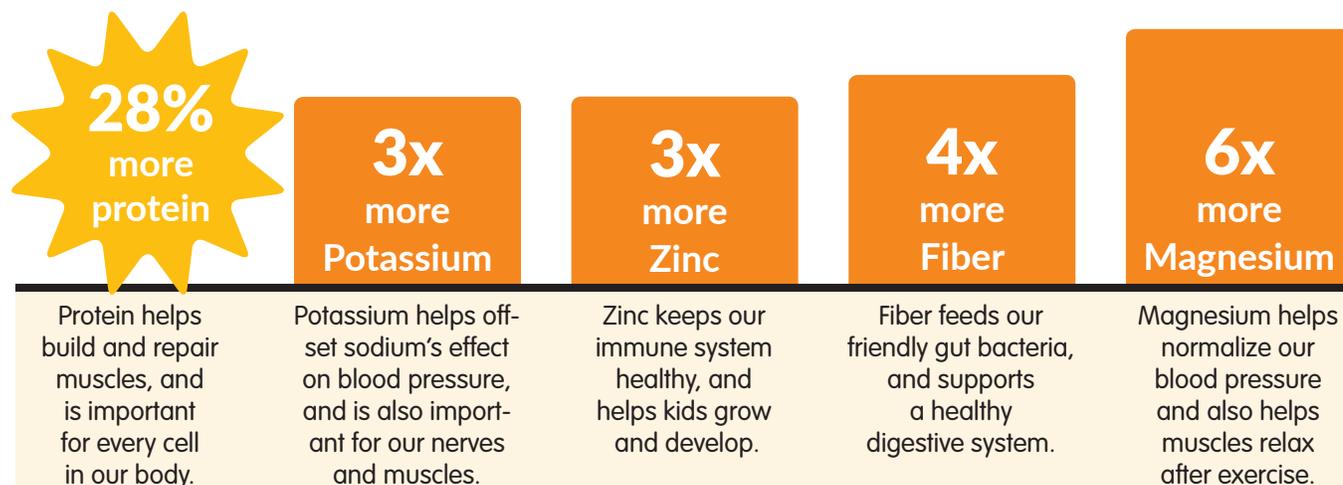
LIVE LONGER WITH WHOLE GRAINS!

Compared to people who eat the least whole grains, people who eat the most whole grains have a **16-18% lower risk of death from all causes**, **18% lower risk of death from heart disease**, and **12% lower risk of death from cancer**.

2016 Aune D et al., 2016 Zong G et al.

References on back...

COMPARED TO ENRICHED WHEAT, WHOLE WHEAT HAS...



Data from the Oldways 2015 Whole Grain Consumer Insights Survey

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