**Tweets from the Oldways 2015 Whole Grains Consumer Insights Survey**

Help us use social media to spread the momentum of whole grains!

Survey: 86% of Americans choose #wholegrains for their #health benefits. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_health86.jpg



1 in 3 Americans nearly always choose #wholegrains. Five years ago, only 4% did. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_87pc.jpg



Survey: 7% say they’ve cut gluten entirely; nearly all (93%) eat it some or all the time. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_gf93pc.jpg



America’s favorite #wholegrains? Wheat, Oats, Rice, Corn top charts (sorry, quinoa). <http://bit.ly/1LFoiXn>

Graphic: Survey1\_favgrains.jpg



8 in 10 trust the #WholeGrainStamp to accurately state #wholegrains in products. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_breadstamp.jpg



Survey: We eat 37% of our #wholegrains at breakfast, 27% at dinner, 22% at lunch. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_WhenEaten.jpg



Few know that #gluten is only in wheat, barley, rye. Most #wholegrains are #glutenfree. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_gfdef.jpg



40% of Americans choose #wholegrains for their fuller, nuttier taste, says survey. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_taste40.jpg



Breads, cereals eaten as #wholegrains more often than refined. Survey at <http://bit.ly/1LFoiXn>

Graphic: Survey1\_breadcereal.jpg



#glutenfree by diagnosis or personal choice? #wholegrains survey finds just 1 in 5 diagnosed. <http://bit.ly/1LFoiXn>

Graphic: Survey1\_gfmedreason.jpg

