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 GERM: B vitamins, protein, minerals, healthy fats
- IN THE ENDOSPERM: Starchy carbohydrates, proteins, small amounts of vitamins and minerals
- IN THE BRAN: Antioxidants, B vitamins, fiber

Whole grains help reduce your risk of:
- Heart Disease
- Diabetes
- Certain Cancers

Discover more about whole grains at WholeGrainsCouncil.org

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