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.

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.

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

Whole grains can help improve gut bacteria.

2016 Falony G et al., 2015 Vitaglione P 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.

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.

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.

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.

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 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...

- **28%** more protein
- **3x** more Potassium
- **3x** more Zinc
- **4x** more Fiber
- **6x** more Magnesium

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Benefit</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>Helps build and repair muscles, and is important for every cell in our body.</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>Helps offset sodium's effect on blood pressure, and is also important for our nerves and muscles.</td>
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<tr>
<td>Zinc</td>
<td>Keeps our immune system healthy, and helps kids grow and develop.</td>
<td></td>
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<tr>
<td>Fiber</td>
<td>Feeds our friendly gut bacteria, and supports a healthy digestive system.</td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td>Helps normalize our blood pressure and also helps muscles relax after exercise.</td>
<td></td>
</tr>
</tbody>
</table>

**87%** of those who NEARLY ALWAYS CHOOSE WHOLE GRAINS FOODS HAVE INCREASED their consumption compared to 5 YEARS AGO

Although **37%** of people cited TASTE AS A BARRIER...

**40%** of people said TASTE was a reason they CHOOSE WHOLE GRAINS

Data from the Oldways 2015 Whole Grain Consumer Insights Survey

REFERENCES:


