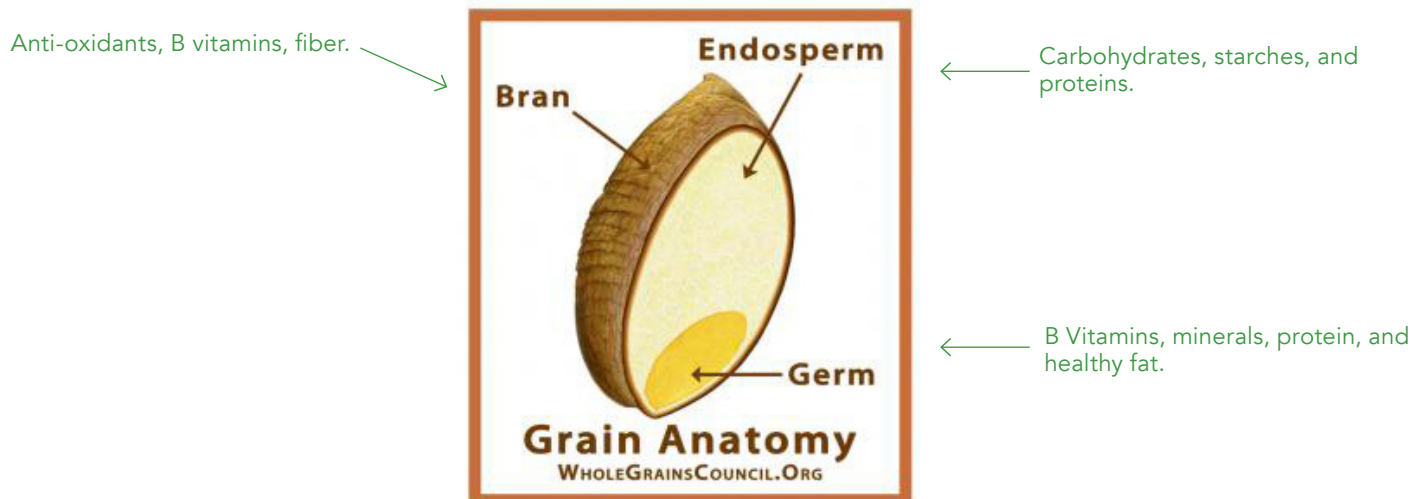


Whole Grains

WHAT MAKES A GRAIN "WHOLE"?

A whole grain contains all three parts of the seed:



Often during the refining process, the bran and germ are stripped, leaving only the endosperm. This removes a lot of the nutrient content. Whole grain products refer to the milling of the entire grain, the bran, endosperm, and germ. When you are shopping, look for this symbol.

BENEFITS OF WHOLE GRAIN

1. Fiber: helps your digestion and gives you that full feeling
2. B vitamins: are you body's building blocks, helping to maintain health and well being
3. Antioxidants: keep you healthy by reducing damage to cells
4. Whole grains lowers the risk of heart disease
5. Regulates bowel movements and gut health

TIPS AND TRICKS:

1. Look for products where the first ingredient is a whole grain
2. The whole grain stamp makes it easy to identify whole grains
3. Don't trust the color: brown doesn't always mean whole grain!
4. Words to watch out for: multi-grain, wheat, wheat germ, enriched. If there is no "whole grain" stamp, the product is likely not 100% whole grains.
5. "High fiber" and "whole grain" are not interchangeable! Whole grains are high fiber but many high fiber foods, like beans, are not whole grains.

