

Energize Your Day

Go for the Whole Grains!

EAT **MORE** Whole Grains, such as wild rice, brown rice, whole wheat, oatmeal, barley, bulgar, and popcorn



EAT **LESS** Refined Grains, such as

- . Pretzels
- . Cornflakes
- . Enriched pasta



*Why eat
Whole Grains?*

Eating whole grains can:

- Keep your heart healthy
- Help maintain blood sugar levels
- Reduce your risk for certain cancers
- Help maintain a regular digestive system