

Celebrate Whole Grains Month!

What are whole grains?

Grains that contain all parts of the original grain kernel

Health Benefits

- Reduce risk of heart disease, cancer, diabetes, and obesity
- Contain more fiber which helps you feel full
- Good source of vitamins, minerals, and iron

Tips to eat more whole grains...

- Switch regular pasta with whole-wheat pasta or brown rice
- Bake with whole-wheat flour or include oats in recipes
- Eat oatmeal for breakfast
- Look for the Whole Grain Stamp when shopping



Foods with whole grains:

- Whole grain breads, cereals, and pastas
- Brown rice
- Oatmeal
- Popcorn

Resources: <https://www.healthtradition.com/national-whole-grains-month/>
<https://wholegrainscouncil.org/resources/>
<https://www.choosemyplate.gov/grains-nutrients-health>