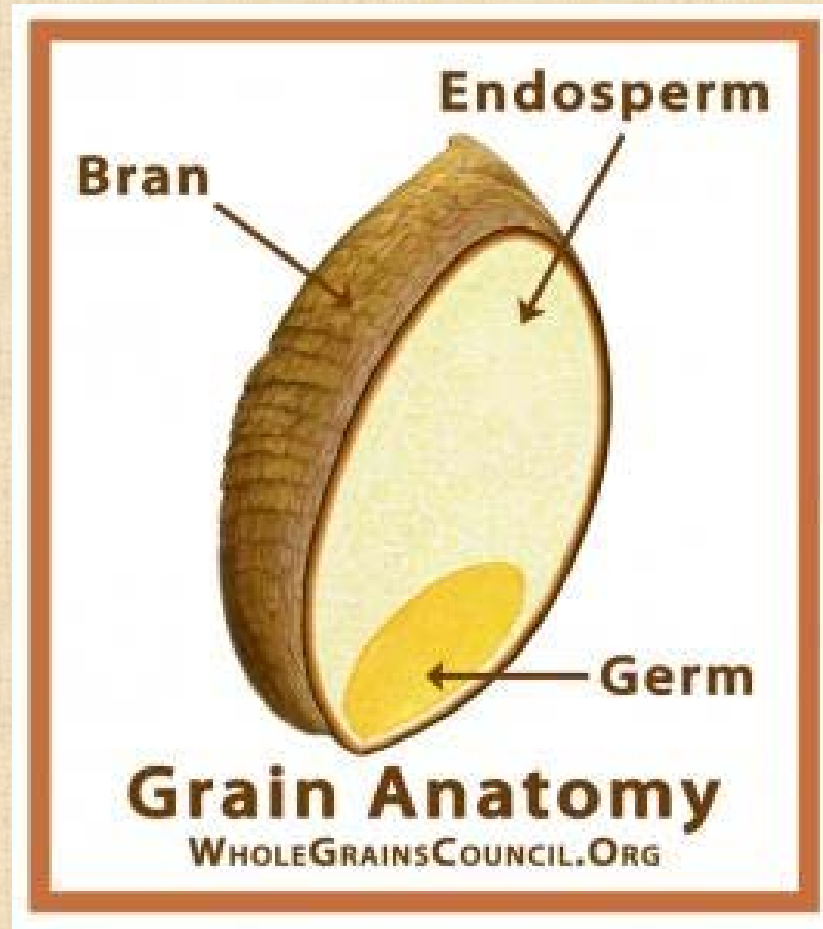


Make half your grains whole!

# What is a whole grain?



# Examples of grains

## Whole grains

- Whole wheat bread
- Brown rice
- Popcorn
- Oatmeal



## Refined grains

- Grits
- White rice
- White bread
- Regular pasta



# How to tell if whole grain



## INGREDIENTS:

WHOLE GRAIN WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, NATURAL FLAVOR, SEA SALT, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SOY LECITHIN, RAISIN JUICE, VINEGAR, ASCORBIC ACID; TOPPED WITH WHEAT BRAN.

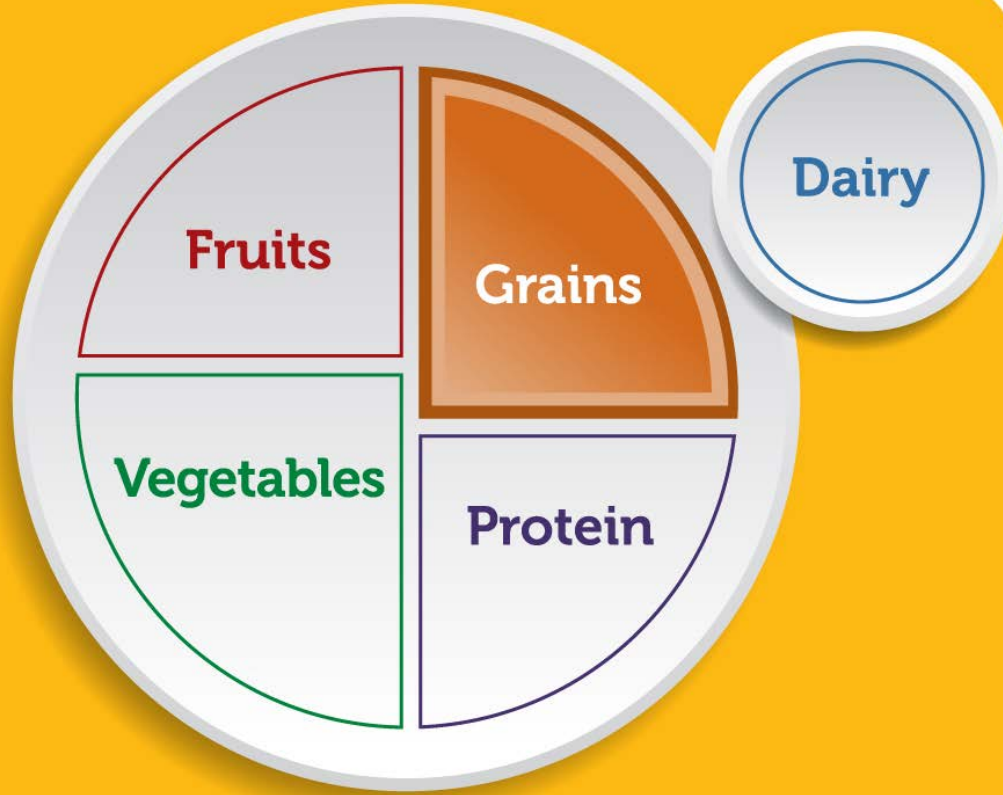
# Multi-grain products



# Make half your grains whole

- Swap out refined grains for whole
- Healthy for your...
  - Heart
  - Gut
  - Weight





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