

WHY WHOLE GRAINS?



What are whole grains?

White bread and pasta are made of refined grains. Refined grains have been processed to remove a lot of their nutrients and fiber.

Whole grains have not been processed and are better for your body. They contain many vitamins, such as the B vitamins.

Whole grains also have lots of fiber-important for a healthy digestive system. Fiber also helps you feel full longer.



Where can you get whole grains?

- Whole-grain breads and pasta
- Whole-wheat and corn tortillas
- Whole-grain cereals such as Cheerios and Shredded Wheat
- Brown rice
- Quinoa
- Couscous
- Oatmeal
- Popcorn
- Whole-grain crackers

