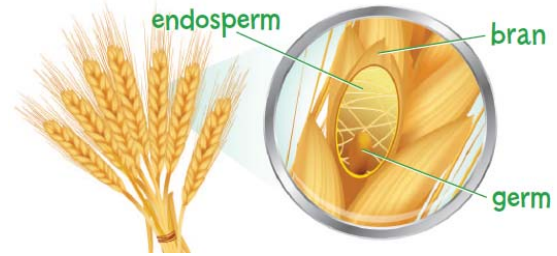


CHOOSE WHOLE GRAIN BREAD INSTEAD.

Whole grains = brain fuel + body
scrub + energy boost

What makes a grain whole?



Whole grains come from plants. Common whole grains are wheat, corn, brown rice, wild rice, barley, rye, bulgur, quinoa, spelt and there are many others. A whole grain is the entire grain seed, which has 3 layers (germ, bran and endosperm).

When a grain is processed (milled, cracked, crushed, rolled, extruded or cooked) some of the layers (and valuable nutrients!) are removed, and it can no longer be called “whole.” **Whole grains also:** have **more nutrients** and **more flavor**, help you **feel full longer** and provide **dietary fiber**, which promotes better heart and intestinal health.

RESOURCES: **Whole Kids Foundation** wholekidsfoundation.org