

KEYS TO BETTER HEALTH™

There's a Whole Lot to Like About Whole Grains

Raise your hand if you are interested in any of the following health benefits associated with three daily servings of whole grains:

- Reduced stroke risk
- Reduced diabetes risk
- Reduced heart disease risk
- Better weight maintenance
- Lower risk of colorectal cancer
- Healthier blood pressure levels

Is your hand still up? Good. Now, raise your hand if you're eating enough whole grains. Uh-oh, where did all the hands go? If you are not eating enough whole grains, then you're not alone. **Keys To Better Health™** is here to help you incorporate whole grains into your daily diet routine. Throughout our store are colorful tags on the shelf edge that make it easy for you to find whole grain products.



The Whole Grains Council recommends at least three 16 gram servings of whole grains every day. When shopping, most whole grain items will include a "Whole Grain Stamp," on the package. There are two different stamps: the "100% Whole Grain" stamp and the "Whole Grain" stamp. No math required, just do the following to ensure you're eating three servings a day:

- Eat three whole grain food products labeled "100% Whole Grain" or
- Eat six products bearing ANY Whole Grain Stamp

Following are some examples of a 16-gram serving of whole grains:

- One slice of 100% whole grain bread
- ½ cup cooked hot cereal such as oatmeal
- ½ cup cooked brown rice or other cooked grain.

If you're not getting enough whole grains, there are many ways to incorporate them into your diet. Here are some tips:

- Feature wild rice or barley in soups, stews, casseroles and salads
- Use whole grains as breading for chicken, fish, veal cutlets or eggplant parmesan. Try rolled oats or a crushed, unsweetened whole grain cereal as breading
- Alone, brown rice and quinoa might sound plain, but a little dash of your favorite seasoning can make a huge difference. Add flavor and moisture to cooked grains by sautéing them in organic low sodium vegetable broth along with herbs and spices. Some favorites include garlic with fresh cilantro and fresh squeezed lime juice, or minced garlic with fresh grated ginger and crushed red pepper.

There are plenty of fun ways to incorporate whole grains into your diet, and **Keys To Better Health™** is here to help you every step of the way.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.