



Whole Grains & Dietary Fiber

Less than 5% of Americans consume the recommended amount of whole grains — at least 3 ounces per day.*

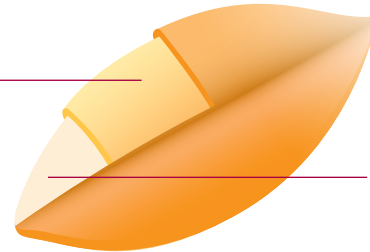


Bran

- “Outer shell” protects seed
- Fiber
 - B vitamins
 - Trace minerals

Endosperm

- Provides energy
- Carbohydrate
 - Protein
 - B vitamins



Germ

- Nourishment for the seed
- B vitamins
 - Vitamin E
 - Trace minerals
 - Phytonutrients

Whole wheat flour

contains all parts of the wheat kernel



Mac & Cheese made with Whole Grains



Whole Grain Linguini & Meatballs



Whole Grain Lasagna



Beef Lo Mein made with Whole Grains