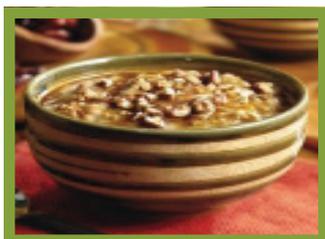
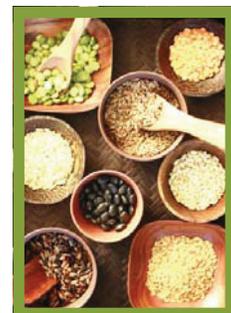


# Energize Your Day

## *Go for the Whole Grains!*

EAT **MORE** Whole Grains, such as wild rice, brown rice, whole wheat, oatmeal, barley, bulgar, and popcorn



EAT **LESS** Refined Grains, such as

- Pretzels
- Cornflakes
- Enriched pasta



*Why eat  
Whole Grains?*

**Eating whole grains can:**

- Keep your heart healthy
- Help maintain blood sugar levels
- Reduce your risk for certain cancers
- Help maintain a regular digestive system