

WHOLE GRAINS

A day of simple choices for Cancer survivors and those at higher risk.

Whole grains are rich in fiber and other nutrients that support your body. Research suggests that diets rich in whole grains and other plant foods may **support long-term health** and help lower the **risk of colorectal cancer**.



BREAKFAST

Start your day with whole grains.



Oatmeal

Top with fruit, nuts, or seeds.



LUNCH

Add whole grains to your meals.



Quinoa salad

Toss with vegetables, beans, and olive oil.



SNACK

Choose whole grains for smart snacks.



Air-popped popcorn

A whole grain snack you'll love.



DINNER

Make whole grains part of dinner.



Brown rice grain bowl

Build bowls with whole grains, veggies, and plant proteins.



SHOP SMART

LOOK FOR

- ✓ Whole wheat
- ✓ Whole grain
- ✓ Whole oats
- ✓ Brown rice
- ✓ Whole grain listed first in ingredients



BE CAREFUL

- ⚠ Multigrain
- ⚠ Wheat bread
- ⚠ Seven grain

These names do not always mean whole grain.



Whole grains can fit into meals and snacks throughout the day.
Small changes, big impact for your health today and tomorrow!