

WHOLE GRAINS

A day of simple choices for long-term health

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!