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## WHOLE GRAINS TO YOUR DIET USING THESE 3 STEPS

### 1. UNDERSTAND THE IMPORTANCE OF WHOLE GRAINS.



- Whole grains contain essential components like bran, germ, and endosperm.
- Choosing whole grains offers health benefits, including lower risks of cardiovascular disease, type 2 diabetes, and certain cancers.

### 2. IDENTIFY WHOLE GRAINS.



- Recognize types of whole grains like oats, brown rice, and quinoa.
- Check for the Whole Grain Council's 100% stamp on packaging.
- Read ingredient lists, ensuring the first listed is a whole grain.

### 3. TRANSFORM YOUR DIET WITH WHOLE GRAINS.



- Gradually replace half of refined products with whole grains.
- Experiment with new whole grains for variety.
- Incorporate whole grains creatively into snacks and meals, using flavor-enhancing techniques.



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