

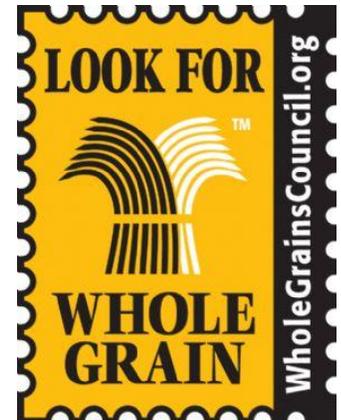


September is Whole Grain Month

EASY WAYS TO INCREASE YOUR INTAKE OF WHOLE GRAINS

The whole grain stamp is now found on about 1400 supermarket products which guarantees that the product contains a half serving (8 grams) or more of whole grains per serving. Children 4-8 should eat 2-4 servings of whole grains and everyone nine and older should eat 3-6 servings! Here are a few things to try:

1. Pack a baggie of popcorn for snack time. It's a 100% whole grain snack.
2. Make a peanut butter sandwich with whole white wheat bread.
3. Choose oatmeal-raisin cookies over chocolate chip cookies.
4. Use whole grain pita pockets for tuna sandwiches.
5. Mix trail mix by combining dried fruit bits with whole grain cereals.
6. Whole wheat, multi-grain and whole corn tortillas make great wraps!
7. Try different loaves of whole-grain bread to see which you like best.
8. Serve bulgur or brown rice instead of potatoes with dinner occasionally.
9. Try a new breakfast cereal with at least 16 grams of whole grain per serving.
10. Serve hamburgers with whole wheat buns.



Whole grain month is a great time for everyone to start eating a little better. Even little improvements in your dietary choices help keep you . . . and your family a little healthier.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

