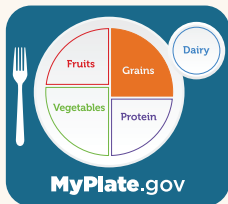


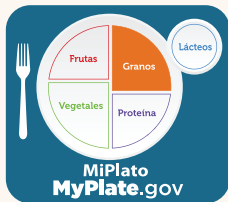
Choose Whole Grains

Whole grains should be listed as the first ingredient in your breads, cereals, tortillas, rice and pasta.



Elija Granos Integrales

Los granos integrales deben aparecer como el primer ingrediente en panes, cereales, tortillas, arroz y pasta.



Evidence-based health material brought to you by Nebraska Extension.
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