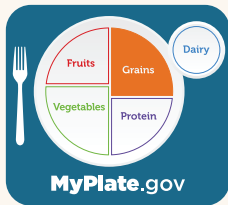


Choose Whole Grains



LOOK FOR 100% WHOLE GRAIN ON THE LABEL
AND AS THE FIRST INGREDIENT.

Whole grains are a good source of fiber, which may lower your risk of heart disease, stroke and type 2 diabetes.



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