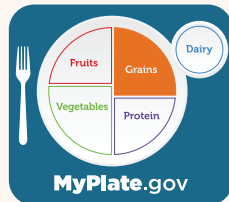


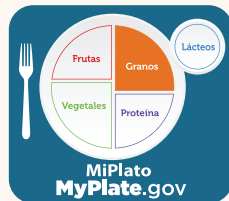
# Choose Whole Grains

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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