****

|  |
| --- |
| Whole Grains |
| * 100% whole wheat bread
* Brown or wild rice
* Whole wheat pasta
* Whole wheat tortillas
* Whole wheat crackers
* Popcorn
* Oatmeal
* Whole grain cereal
 |
| Refined Grains |
| * White bread
* White rice
* White pasta
* White tortillas
* Saltines
* Fritos
 |

**Wonderful Whole Grains!**

Happy “[**Whole Grains Month**](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september)”! Let’s celebrate whole grains the entire month of September. First, what is a whole grain??

When a grain is **whole**, this means the *entire* grain is still there (nothing has been removed). Sometimes grains get processed into refined (*white*) flour and this takes away parts of the grain. This also takes away the healthy fiber and certain vitamins/minerals.



**Follow us on social media!**



**How do you enjoy whole grains?**

Let’s inspire each other on #WellnessWednesdays over on our [Facebook Page](https://www.facebook.com/WFHTN/)! (Be sure to let us know what department you’re with.)