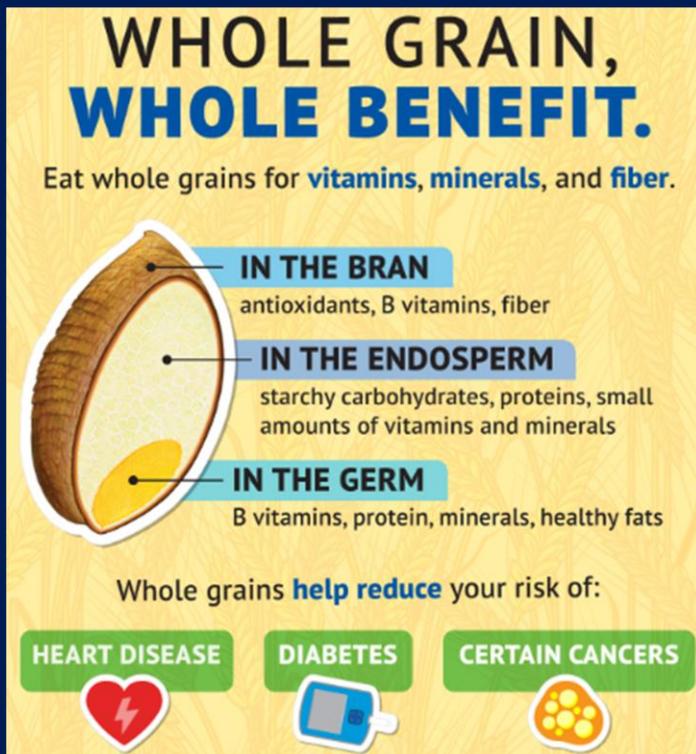


## Wonderful Whole Grains!

Happy "**Whole Grains Month**"! 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.



### 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

Follow us on social media!



### How do you enjoy whole grains?

Let's inspire each other on #WellnessWednesdays over on our [Facebook Page](#)! (Be sure to let us know what department you're with.)