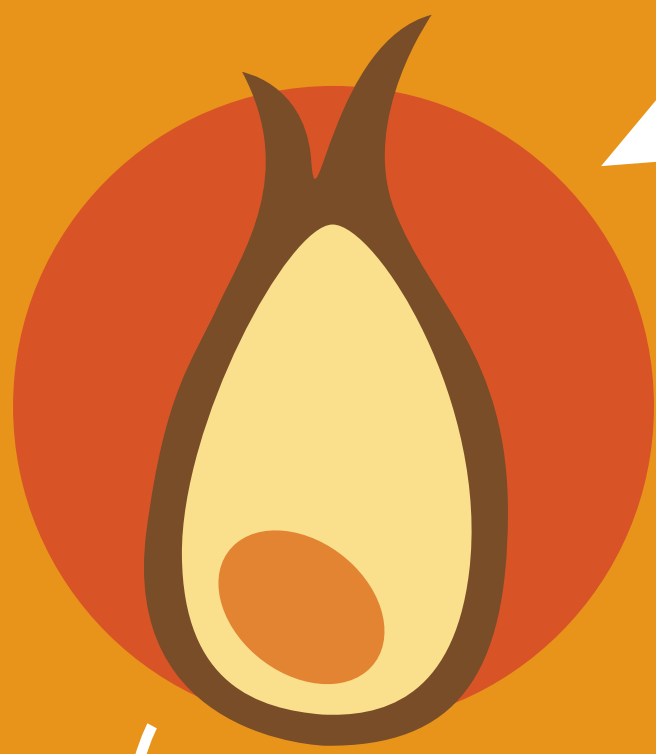
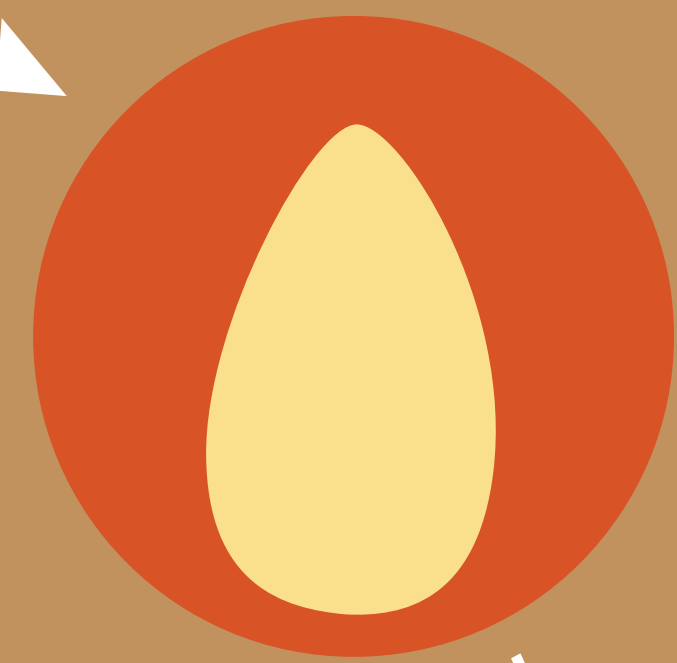


The Whole Grain STORY

Whole Grains



Processed Grains



- 1** Grain plants are harvested.
- 2** Grains are kept whole or separated.
- 3** Processed grains remove some of the healthiest parts of the grain.
- 4** Whole grains keep all the good parts and are made into healthy food.



The Best Times to Eat Whole Grains



**Make at least half
your daily grains WHOLE!**