

Instruct local printer to print cards
back to back on 8.5 x 11 80# card stock
then cut at crop marks.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



**Hearty, Healthy,
WHOLE GRAINS**

Whole grain foods are better for you...

- Natural vitamins and antioxidants
- More flavor and more fiber

Make at least half your grains whole...

- Look for products with whole grain ingredients
- Start your day with oatmeal or whole grain cereal
- Substitute whole wheat bread for white bread
- Have brown rice instead of white. Try whole wheat pasta



© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.



Hearty, Healthy, WHOLE GRAINS

Did you know?
As part of a healthy diet, eating more whole grains reduces your risk of HEART DISEASE, DIABETES and some types of CANCER. Whole grain foods can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.



**healthy
for
LIFE™**

© 2013 ARAMARK. All rights reserved.