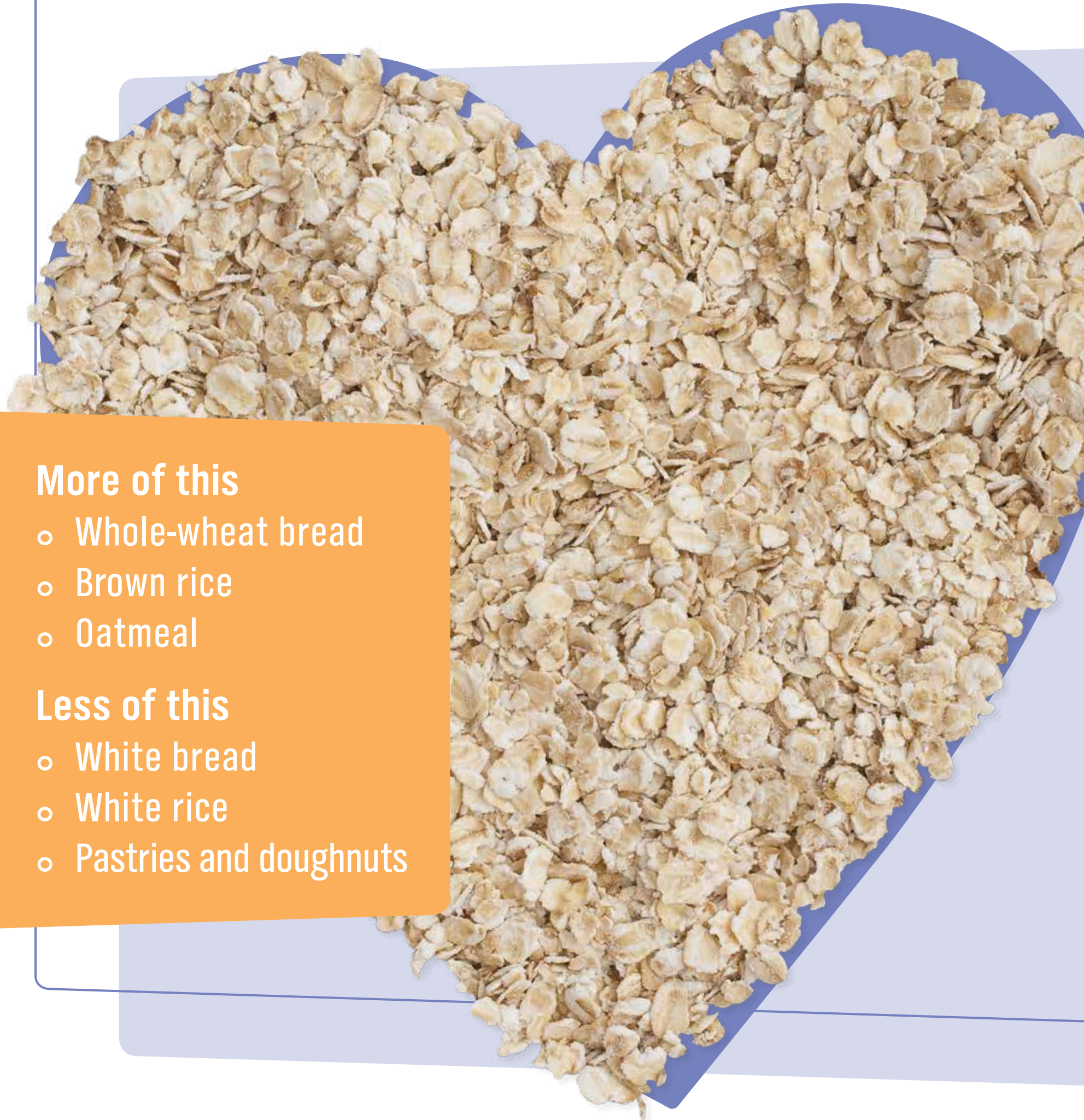




Love whole grains with your whole heart

Eat 2.5 or more daily servings of whole-grain foods – drop your risk of heart disease by 21%.*



More of this

- Whole-wheat bread
- Brown rice
- Oatmeal

Less of this

- White bread
- White rice
- Pastries and doughnuts