CHOOSE WHOLE GRAINS INSTEAD OF REFINED

YOU’LL FIND THEY’RE A WHOLE LOT BETTER FOR YOU

Whole grains include all three parts of the kernel; refined grains strip away the bran and the germ, along with 25% of the protein, the fiber, and most of the vitamins.

What are whole grains? Brown rice, barley, oats, quinoa and rye are delicious options when eaten “whole”. Popcorn and oatmeal are whole grains, too!

Eating whole grains lowers cholesterol and reduces the risk of heart disease, diabetes, stroke, cancer and obesity. Sprouted grains offer even more health benefits.

White breads, pastas and cereals are made from refined grains, and get converted to fat more quickly than whole grains.

Choose 100% whole-grain bread, brown rice and high-protein pasta; many UCR Dining locations now offer these options.