

# The Grain Event



## What Makes Whole Grains So Great?

Whole grains have similar amounts of disease fighting chemicals as fruits and veggies. Whole grains can improve digestive health and help with weight management.

**Eat 3+ servings of whole grains per day. Reduce risk of:**

Heart disease by 25-36%

Type 2 diabetes by 21-27%

Stroke by 37%

Cancer of digestive system by 21-43%

**Try a new whole grain or two:** amaranth, barley, brown rice, buckwheat, millet, quinoa, rye, oats, bulgur, and/or kamut.

Source: [wholegrainscouncil.org](http://wholegrainscouncil.org)