

Promote whole grains to improve employee health:

THE SCOOP ON GRAINS

Whole Grains

Eating at least three one-ounce servings of whole grains per day can reduce the risk of several chronic diseases.

Whole grains are a great source of fiber – which keeps you feeling satisfied and energized for an extended period of time.

Disease prevention and sustained energy are two important elements to work toward as an employer.

Focus on the importance of whole grains and encourage your employees to make them part of their diet.

It will benefit both the employee and the company.

Source: fda.gov

To engage employees in living a healthier lifestyle, it's important to encourage in a positive way.

Check out these great ways to make eating grains fun:

Knowledge is Power: Offer a huddle on how to identify whole grains, where to buy them, and how to incorporate in daily diet.

Create a section on your website, ADP portal, etc. – featuring whole grains. Include links, recipes, articles, etc.

Guess the Grain: Set up a display in your kitchen or break room - of various whole grains. Make it a game – ask employees to guess the grain.

Take a Taste: Host a whole grain cooking demo, pot luck, “cook off,” or a “take a taste” event with samples of various whole-grain recipes prepared by the wellness committee.

Start the Day Right: Set up an oatmeal bar to encourage employees to start their day with whole grains. Fuel up!

The Daily Grain: Promote a different grain each day/week/month. Include a description, picture, recipe and/or link – via email, website, at a meeting, etc.

Choosing a Loaf:

Host a *Healthy Sandwich Day* with various whole-grain breads.

Bring in local bread makers: Great Harvest, Atlanta Bread, etc. to offer samples and info.

Set up a bread display with choices from the grocery store – showing both good and bad.

