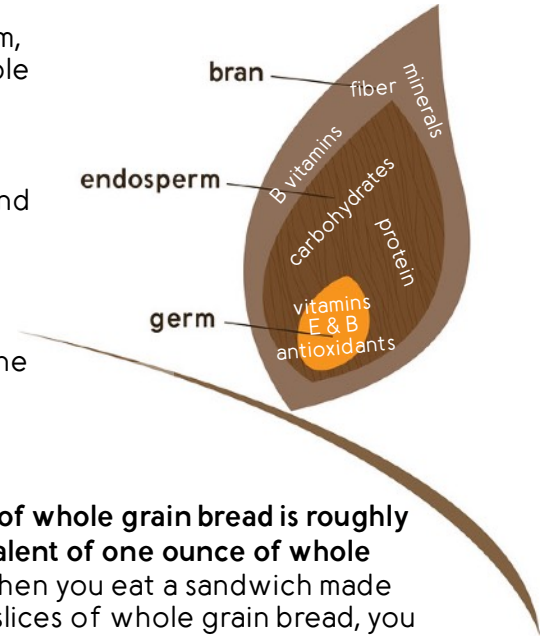


# WHOLE GRAIN GOODNESS

Grains come from plants that grow in fields. In their harvested form, grains are kernels.<sup>1</sup> The USDA divides grains into two groups: whole grains and refined grains.

Whole grains are comprised of the entire grain kernel: **bran, endosperm, and germ.** Refined grains are stripped of the germ and the bran, removing fiber, vitamins, minerals, and antioxidants. Subsequently, some manufacturers "enrich" the stripped grain with new vitamins and minerals, but the fiber remains lost.

For maximum health, you should eat whole grains. According to the USDA, at least half of the grains you eat should be whole grains.



## Eat Whole Grains Daily!

Age	Recommended Daily Grains	Minimum Daily Whole Grains
2 - 3 years	3 ounces	1 ½ ounces
4 - 8 years	5 ounces	2 ½ ounces
9-13 years—Girls	5 ounces	3 ounces
9-13 years—Boys	6 ounces	3 ounces
14-18 years—Girls	6 ounces	3 ounces
14-18 years—Boys	8 ounces	4 ounces
19-30 years—Women	6 ounces	3 ounces
19-30 years—Men	8 ounces	4 ounces
31-50 years—Women	6 ounces	3 ounces
31-50 years—Men	7 ounces	3 ½ ounces
51+ years—Women	5 ounces	3 ounces
51+ years—Men	6 ounces	3 ounces

www.myplate.gov/eat-healthy/grains

One slice of whole grain bread is roughly the equivalent of one ounce of whole grains. When you eat a sandwich made with two slices of whole grain bread, you are eating approximately 2 ounces of whole grains. Swapping out refined bread for whole grain bread is an easy and delicious way to add more whole grains to your diet!

At Great Harvest, we make a variety of whole grain breads, and we make them in their purest, real-food form—with fresh ground whole wheat<sup>2</sup> and without preservatives, chemicals, or loaf conditioners. Plus, we sweeten our bread doughs with only honey and sometimes fruit. You and your loved ones can enjoy Great Harvest bread with peace of mind.



*We invite you to compare the ingredients of our breads with the ingredients of the breads you buy at your grocer.*

**GREAT HARVEST WHOLE WHEAT BREAD:** Fresh milled 100% whole wheat flour, water, honey, yeast, and salt.

**TYPICAL GROCERY SHELF BREAD:** "Wheat flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin, folic acid, water, honey, yeast, wheat gluten, sugar, wheat bran, soybean oil, salt, calcium propionate, vinegar, datem, ethoxylated mono- and diglycerides, monoglycerides, monocalcium phosphate, soy lecithin, enzymes, calcium sulfate, citric acid, ascorbic acid, potassium iodate."

<sup>1</sup> Grain kernels may be flattened (like oats), ground into powder (like whole wheat flour), or cooked in water until they are soft (like brown rice).

<sup>2</sup> We mill non-GMO wheat kernels in our onsite mill so the whole wheat flour we use is utterly fresh. This extra step is worth the time because wheat flour starts to lose its nutritional value within 24 hours of milling. If you would like to use fresh milled flour in your home baking, ask us for a bag.