

COMMONSENSE SERVINGS

The USDA recommends adults consume 6–8 servings of grains daily, with half of their servings as whole grains. Easy enough – if you know what a serving looks like!



PROVIDES

UP TO
2.5g FIBER

UP TO
10% DAILY VALUE

FOR MAGNESIUM,¹ a mineral that supports a healthy immune system.

PROTEIN RANGES OF
2 to 2.5g

UP TO
5g FIBER

PROTEIN UP TO
4g

CONTAINS VITAMINS
B1, B2, B3 and B9 which support metabolism.⁴

BETWEEN
1 to 2g FIBER

A SOURCE OF ANTIOXIDANTS

INCLUDING: Lutein, zeaxanthin and selenium, which reduce cellular waste products.³

PROTEIN RANGES OF
2 to 3g

UP TO
4.2g FIBER

PROTEIN ALMOST
3g

10% DAILY VALUE FOR SELENIUM,³ an essential micronutrient that plays a role in thyroid function.

UP TO
4.5g FIBER

UP TO
25% DAILY VALUE

FOR NIACIN,⁴ a B-vitamin that's important for protecting your DNA.

PROTEIN RANGES OF
2 to 5g

FIBER

helps you stay full and maintain a healthy GI tract!

PROTEIN

is essential for tissue repair and providing your cells with energy!

1. Slavin, Joanne, PhD, RD. "Position of the American Dietetic Association: Health Implications of Dietary Fiber." Journal of the AMERICAN DIETETIC ASSOCIATION (2008): 1716-731. Print.
2. Dietary Supplement Fact Sheet: Magnesium. NIH, n.d. Web. 5 Aug. 2013.
3. Dietary Supplement Fact Sheet: Selenium. NIH, n.d. Web. 5 Aug. 2013.



GRAIN FOODS FOUNDATION

4. "How Are B-Vitamins Good For The Nervous System?" <http://www.grainsforyourbrain.com/ask-an-expert/how-are-b-vitamins-good>
5. Health and Nutrition Benefits of Protein Foods. USDA MyPlate, n.d. Web. 5 Aug. 2013.
All nutrient analysis data comes from the USDA Nutrient Database for Standard Reference.