

DON'T REFRAIN, EAT YOUR REFINED GRAINS

THERE IS NO REASON TO CUT REFINED GRAINS FROM YOUR DIET. ENJOYING UP TO SEVEN SERVINGS A DAY
WILL CONTRIBUTE TO NUTRIENT INTAKES OF SEVERAL VITAMINS AND MINERALS, AND DIETARY FIBER,
AND WILL NOT INCREASE YOUR RISK OF MAJOR CHRONIC DISEASES*.



INCREASE VITAMINS & MINERALS



FOLIC ACID
THIAMINE
NIACIN
RIBOFLAVIN
IRON

} **B**
VITAMINS

ARE NOT ASSOCIATED WITH RISK OF
DISEASE & PREMATURE DEATH

TYPE 2 DIABETES
CARDIOVASCULAR DISEASE
CORONARY HEART DISEASE
HYPERTENSION
STROKE
CANCER

