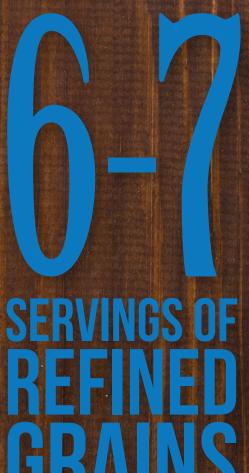


THERE IS NO REASON TO CUT REFINED GRAINS FROM YOUR DIET. ENJOYING UP TO SEVEN SERVINGS A DAY WILL CONTRIBUTE TO NUTRIENT INTAKES OF SEVERAL VITAMINS AND MINERALS, AND DIETARY FIBER, AND WILL NOT INCREASE YOUR RISK OF MAJOR CHRONIC DISEASES*.













INCREASE VITAMINS & MINERALS



FOLIC ACID THIAMINE NIACIN **RIBOFLAVIN** IRON

ARE NOT ASSOCIATED WITH RISK OF DISEASE & PREMATURE DEATH

TYPE 2 DIABETES CARDIOVASCULAR DISEASE **CORONARY HEART DISEASE HYPERTENSION** STROKE CANCER

