

A photograph of two women sitting at a table in a kitchen, laughing heartily. The woman on the left has dark curly hair and is wearing a white t-shirt. The woman on the right has long blonde hair and is wearing a grey t-shirt. On the table are several bowls and mugs, including a green mug, a yellow bowl, a white bowl with a green pattern, a white mug with a yellow heart, and a red and white striped bowl. In the background, there is a white countertop with various kitchen items, including a white pitcher and a bag of bread.

YOU CAN HAVE YOUR REFINED GRAINS AND EAT THEM TOO!

YOU CAN ENJOY UP TO SIX OR SEVEN SERVINGS PER DAY OF REFINED GRAINS*

Studies show that eating refined grains will not increase your risk of disease.