

One Simple Change



15 Reasons to Eat Whole Grains

- 1. They contain fiber.**
- 2. They help digestion.**
- 3. They can help lower cholesterol.**
- 4. They lower blood pressure.**
- 5. They can help control weight..**
- 6. They redistribute fat.**
- 7. They make you feel full.**
- 8. They help regulate blood sugar.**
- 9. Some grains deliver calcium.**
- 10. Some grains offer vitamin C..**
- 11. They are a good source of B vitamins.**
- 12. They deliver essential minerals.**
- 13. They may reduce asthma risk.**
- 14. They cut markers of inflammation.**
- 15. They may even lower cancer risk.**

Examples of whole grains include:

- Barley
- Quinoa
- Brown or wild rice
- Buckwheat
- Bulgur (cracked wheat)
- Millet
- Oatmeal

For the complete article on the benefits of whole grains visit:

http://www.huffingtonpost.com/2014/08/10/whole-grains-health-benefits_n_5655022.html

or

www.minuteman-nashoba.org/wellness