

Grains & Legumes Nutrition Council™

ORDER FORM



**Grains &
Legumes
Nutrition
Council**

Cultivating Good Health

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- I am happy to receive health and nutritional information from the Grains & Legumes Nutrition Council™ including their e-news (Your personal details will not be disclosed to other organisations)

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BROCHURES (printable copies: www.glnc.org.au/resources/publications)	TYPE	NUMBER (max 30)
Grain Foods and Legumes – An Update on Changes to the Australian Dietary Guidelines (ADG) *NEW*	Health Prof	
Fact Sheet: Grain Foods – Part of a Healthy Diet (ADG consumer brochure) *NEW*	Consumer	
Fact Sheet: Legumes – Tips and tricks to enjoying them more often (ADG consumer brochure) *NEW*	Consumer	
The Whole Grain Content Claim – Establishing an Industry Standard *NEW*	Health Prof	
An Everyday Guide to Cooking with Legumes Recipe Booklet *NEW*	Consumer	
Balanced Higher Protein Diet for Weight Loss *NEW*	Consumer	
Heart Health with Grains Foods and Legumes	Consumer	
Carbohydrates Myth Busting – Quality Carbohydrates in a Balanced Diet	Consumer	
Wholegrains – the Whole Truth	Consumer	
Type 2 Diabetes – Healthy Choices with Grain Foods and Legumes	Consumer	
Legumes – Start a Healthy Habit	Consumer	
Dietary Fibre – Essential for Digestive Health and Overall Well Being	Consumer	
Grains & Legumes Health Report (2010)	Health Prof	Soft copy only
Lifting the Lid on Legumes – A guide to the benefits of legumes (2013)	Health Prof	Soft copy only
What's to Gain from Grains – An update of the scientific evidence (2013)	Health Prof	Soft copy only

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