

HAVE YOU MET YOUR 48G WHOLE GRAIN TARGET?

Australian adults consume a median of **26g** whole grain per day and children **16g** per day¹.



Low whole grain intake ranks ahead of low fruit, vegetables, nuts & seeds and omega 3 from fish, in terms of Global Burden of Disease².

21%

THE RISK REDUCTION FOR WHOLE GRAINS ON ALL-CAUSE MORTALITY³.



Over **560** whole grain products are registered with the GLNC Code of Practice - **68%** are high or very high in whole grain.

SCAN THE QR CODE TO SEARCH YOUR FAVOURITE PRODUCTS!

20% more whole grain loaves on Australian supermarket shelves since 2014⁴.



40%

OF ALL WHOLE GRAIN EATEN IN AUSTRALIA IS IN THE FORM OF BREAKFAST CEREAL¹.

DENMARK leads global whole grain consumption, averaging **63g** per day⁵.



For every 16g per day increase in whole grain intake there's a risk reduction of...

- **9%** for CVD
- **5%** for cancer
- **7%** for total mortality⁶.

