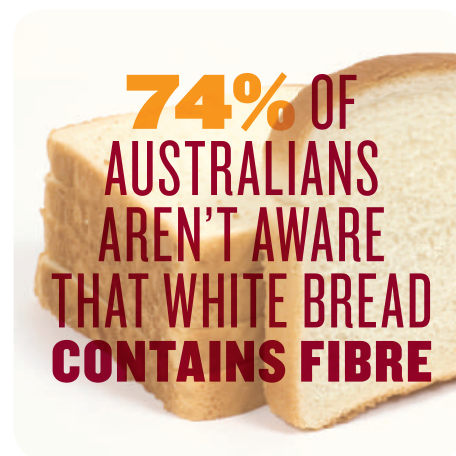


AUSTRALIAN TRENDS IN GRAINS & LEGUMES



2 OUT OF EVERY 6 SERVES OF GRAIN FOODS ARE NON-CORE

AUSTRALIANS ARE EATING LESS THAN HALF THE RECOMMENDED AMOUNT OF WHOLE GRAINS



Find out more at glnc.org.au

Reference: Grains & Legumes Nutrition Council. 2017 Australian Grains and Legumes Consumption and Attitudinal Report. Unpublished: 2017.