



# WHOLE GRAINS ARE A NO-GRAINER...



SWAP your refined grains for whole grains to take the #wholegrainchallenge!

Poor diets in Australia are responsible for the greatest number of preventable deaths<sup>1</sup>...



whole grain (7,400 deaths)



fruit (5,500 deaths)

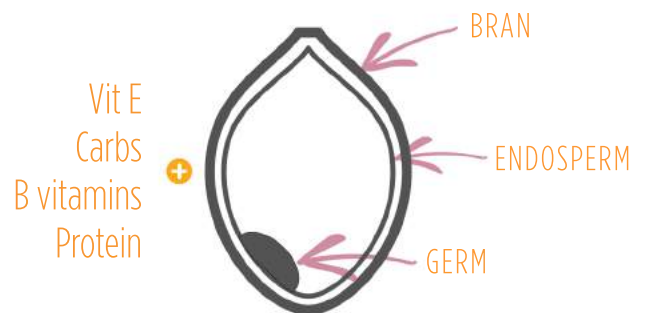


nuts & seeds (4,900 deaths)



vegetables (4,400 deaths)

## WHOLE GRAIN FOODS INCLUDE WHOLEMEAL VARIETIES\*



\*Both intact & manufactured foods where the proportions are represented as per the original grain<sup>2</sup>

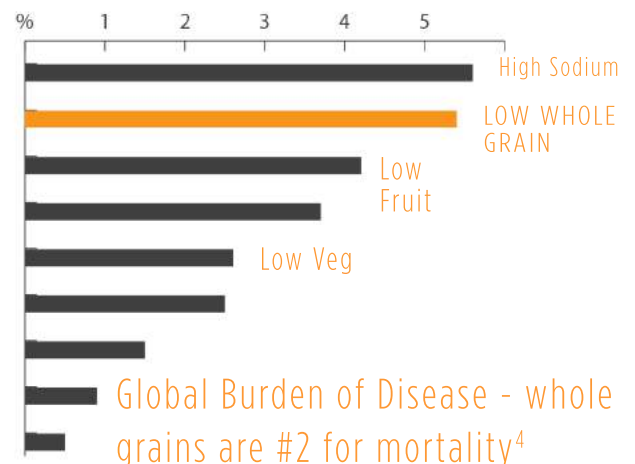
Aim for 48g of whole grain every day for good health...



HEALTH STAR RATING (HSR) DOES NOT INCLUDE WHOLE GRAIN<sup>3</sup>



\*2 slices wholemeal meets around half of your daily whole grain target



675 PRODUCTS REGISTERED WITH THE GLNC WHOLE GRAIN CODE OF PRACTICE\*

\*At least 8g whole grain per serve - all products must meet specific nutrient requirements



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