

TAKE THE WHOLE GRAIN CHALLENGE!

JOIN US IN CELEBRATING INTERNATIONAL WHOLE GRAIN DAY - 19 NOVEMBER

We're challenging you to get your three serves of whole grain...

SO HOW DO I COMPLETE THE CHALLENGE?

STEP 1

Download your pantry list here...



STEP 2

Check out our handy serve size guide to see how easy it is to enjoy 3 serves of whole grain...



STEP 3

Search our whole grain database for your favourite whole grain products...



Did you know that enjoying whole grain foods can help to maintain good health and protect against chronic disease, including heart disease and some cancers!

WHOLE GRAIN ANATOMY...



#wholegrainchallenge