

Take the #wholegrainchallenge with us!

---



Simply make the SWAP to whole grain three times a day...

---



- 
- |                            |                                  |                             |
|----------------------------|----------------------------------|-----------------------------|
| 1. At breakfast swap to... | 2. At lunch swap to...           | 3. At snack time swap to... |
| - Whole grain cereals      | - Whole grain or wholemeal toast | - Whole grain crackers      |
| - Muesli                   | - Brown rice or quinoa           | - Plain popcorn             |
| - Oats                     | - Wholemeal pasta                | - Whole grain muesli bars   |



#wholegrainweek

