



Whole-grain baked goods tasting fair.

FRESHNESS FACT

Low-to-no-carbohydrate diets are the current craze. With the carb-cutting rage, many people are missing the benefits of eating whole-grain foods.

Whole grains are complex carbohydrates that help lower the risk of developing some life-threatening, nutrition-related diseases.

Whole grains such as brown rice, 100% whole-wheat bread, and ready-to-eat whole-grain breakfast cereals are mainly associated with providing roughage in the diet. Whole grains also have many other great health benefits, such as providing cancer-fighting agents, improving cholesterol levels, and lowering the chances of developing heart disease.

Consuming all parts of the grain is better for the body than consuming only parts of the grain. The outer portion of the grain, the bran, contains fiber to help improve cholesterol and reduce the risk of heart disease and phytonutrients, the innate defense system of plants that, when consumed, help people fight against cancer, heart disease, and diabetes.

The smallest, but still important, part of the whole grain is the germ, which contains phytonutrients as well as Vitamin E, an antioxidant vitamin important in protecting against heart disease and cancer. Depression-fighting B vitamins are found in both the germ and bran.

The energy portion of the whole grain is the endosperm, the largest part of the grain.

This month, follow your nose to our tasting fair, where we'll show off the aroma, taste and healthful potential of whole-grain baked goods!

Our commitment ... to the best for your nutrition.

