

# Decades of Research Support the Benefits of Whole Grains

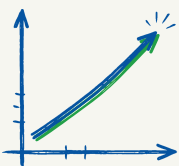
Whole grain foods are a cornerstone of healthy dietary patterns. Despite their well-known health benefits, most Americans fall far short of recommendations.

Only 2% of Americans meet whole grain intake recommendations.<sup>1</sup>



## What the science shows

Extensive research across age groups, populations, and eating patterns consistently shows that higher whole grain food intake is associated with:



**Better overall diet quality**

including higher fiber intake and improved nutrient adequacy.<sup>2,3,4,5</sup>



**Improved cardiometabolic health**

including lower risk of heart disease and type 2 diabetes.<sup>6,7</sup>



**Healthier body weight**

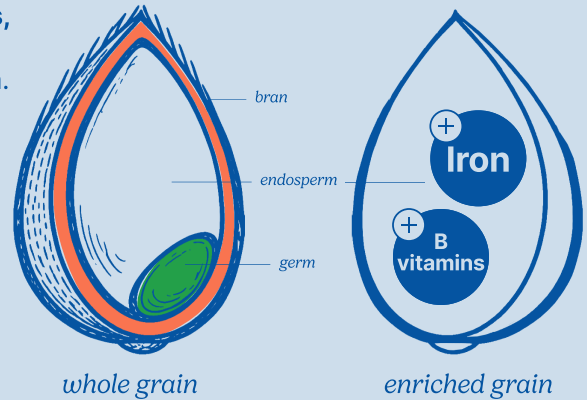
including less weight gain over time.<sup>8</sup>

# What's the difference between whole grain and refined grain foods?

Whole grain foods contain all parts of the grain kernel – **the bran, germ and endosperm** – and provide **fiber, vitamins, minerals, and other beneficial compounds**. Examples include whole grain cereal, whole wheat bread, brown rice, oats, and quinoa.

Refined grain foods have the bran and germ removed during milling. Many refined grains are enriched, meaning **key nutrients such as iron and B vitamins are added back** to help support nutrient intake.

Some foods, including **many ready-to-eat cereals**, may contain **both whole grains and enriched grains**. This helps deliver the benefits of whole grains while also providing important vitamins and minerals in familiar, accessible foods.



## All General Mills Big G cereals list whole grain as the first ingredient.

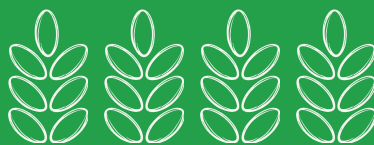
## Whole Grains in Action

01

Close the whole grain gap by making simple swaps, like choosing whole grain ready-to-eat cereal.

02

Choose foods that list whole grains as the first ingredient.



03

Look for simple signs on the package, like a whole grain stamp, whole grain grams, or a whole grain claim.