



Easy Ways to Get More Whole Grain Foods

Only 2% of Americans are meeting whole grain recommendations¹, but simple swaps can help people get more whole grain foods into their diets to help close that gap.

What the science shows

Whole grains bring more to the table, providing fiber, B vitamins, iron, magnesium, and antioxidants, as well supporting:



Better overall diet quality

including higher fiber intake and improved nutrient adequacy.^{3,4,5,6}



Improved cardiometabolic health

including lower risk of heart disease and type 2 diabetes.^{7,8}



Healthier body weight

including less weight gain over time.⁹

**Cereal
is a top
source of
whole grain
and fiber for
children at
breakfast.²**

Adding whole grain foods into everyday eating:

1

Find Your Why

Fiber? Heart health? Balanced eating? Connect whole grains to the outcomes you care about.

2

Find Opportunity

Identify meal or snack occasions where whole grain foods can be easily added.

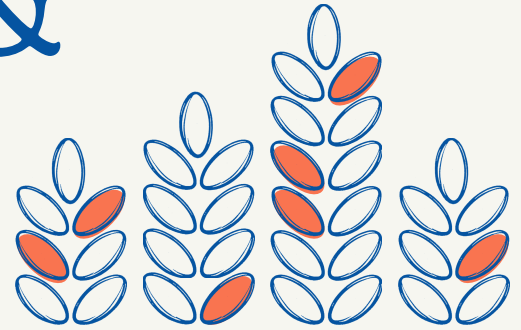
3

Build Habits

Look for simple ways whole grain foods can complement familiar meals and snacks.

Simple Meal & Snack Ideas

Help individuals increase whole grain intake with practical tips using foods they already know and enjoy.



✦ Easy Meals

Prepare **Annie's™ Classic Cheddar Mac & Cheese** with a protein (such as chicken, tofu, tuna or beans) and vegetables for a well-rounded meal in minutes.



Enjoy a bowl of Big G cereal like **Cheerios™ Protein** with fruit, nuts, and milk for a nutritious meal any time of day.



↔ Simple Swaps



Add **Lucky Charms™** or **Wheaties™** as a crunchy topping for yogurt parfaits or smoothie bowls.

Use crushed **Chex™** cereal as a coating for chicken, fish, or vegetables.

✦ Smart Snacks

Mix together nuts, dried fruit, and your favorite Big G Cereals like **Golden Grahams™** for a tasty homemade trail mix.



Make homemade granola bars using a Big G cereal or Chocolate Bark using **Honey Nut Cheerios™**.



Pair **Progresso™ Chicken & Wild Rice Soup** with a side salad or vegetables for an easy lunch or dinner.



Choose a **Nature Valley™ Crunchy Granola Bar** instead of a candy bar for a snack that provides whole grains.

Keep a **Fiber One™** bar on hand for a satisfying grab-and-go option.



START SMALL, BUILD SMART

Adding just one more whole grain food a day can help close the whole grain gap.

Whole grain is the #1 ingredient across all Big G cereals.

For more information, visit www.BellInstitute.com