



- Start your day with a bowl of whole grain cereal
- Have sandwiches on whole grain breads, rolls and wraps
- Snack on whole grain crackers and muffins that are lower in fat

Here are a few things to try:

Go for whole grains!

Whenever you can, choose whole grains such as whole wheat, wheat bran, oat bran, barley, and bulgur. Grain products give you energy for your busy day. Try...

