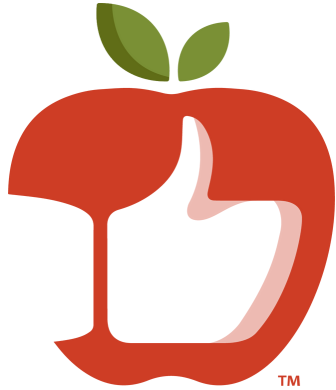


Whole Grains

CREATE
HEALTHY CHOICES



- Whole grains are richer in fiber, vitamins, and minerals than refined grains. This can help improve digestive health.
- Whole grains are a healthy source of carbohydrates, which are body needs for energy.
- Make any dish healthier by replacing refined grains with whole grains.

CREATE SNAP-ED
BETTER HEALTH

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