

GO WITH GRAINS... WHOLE GRAINS THAT IS!

Canada's Food Guide recommends that we make at least half of our grain products whole grain each day. Read the ingredient list and look for the word "whole" for the first ingredient. Try whole grain bagels or baguettes, rye or pumpernickel bread or multi-grain tortillas for sandwiches and wraps. Toss leftover brown rice or whole wheat pasta with chopped veggies, and a lower fat dressing for an easy salad. Making muffins? When baking replace half of the white flour with whole wheat flour.

Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit