

Recommended Servings of Whole Grains

Most healthy adults need about 6-8 one-ounce servings of whole grains daily.

What counts as a one-ounce serving:

- 1/2 cup cooked oatmeal, pasta or rice = *the size of a cupcake wrapper*
- 1 cup of dry cereal = *the size of a tennis ball*
- 1 pancake = *the size of a CD*
- 1/2 of a 2 oz slice of bread = *the size of half a slice of Great Harvest bread*
- 3 cups of popcorn = *the size of 3 baseballs*



Pure & Simple. Fresh & Flavorful.
Enjoy the Whole Grain Goodness!



Why Great Harvest Whole Grains?

Our wheat comes from family-owned farms in the high plains of Montana where the climate is ideal for creating high-protein premium wheat. We mill our grains daily in our bakery to create whole grain flour of the highest nutritional value. Milling can also help the release of certain antioxidants and make them more available. We use our flour within 48 hours to ensure nutrients are maintained and that we achieve the freshest, most delicious tasting products without the use of chemicals or dough conditioners. Our breads stay fresh for 7-10 days, no preservatives needed!



Great Harvest Bread Co.®

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*All information has been provided by Great Harvest
Registered Dietitian, Melissa Seith*

Great Harvest™ Whole Grains & Your Health



 Great Harvest Bread Co.®

Top 10 Healthful Reasons Why We Love to Eat Whole Grains

Grains have been at the heart of healthy eating for thousands of years and for a good reason. Research is continually identifying a strong correlation between whole grains and reduced risk of chronic disease, lower body weight and improved overall health status.

This whole grain health connection is one of the many reasons - besides flavor and quality - we pour wheat berries into our mill and turn them into fresh whole grain flour daily. In doing so we maintain the protein, fiber, vitamins, minerals and antioxidants naturally present in the wheat kernel.

So what is a whole grain?

A whole grain is any grain (not just wheat) which maintains all three of its parts. Keeping all three parts of the grain means you keep all of the beneficial components the whole grain has to offer. Whole grains can include oats, wheat, rye, barley, millet, quinoa, brown rice, and even popcorn to name a few.



The 3 Parts of the Grain

- **The Bran** is the protective outer shell of the kernel. It contains important antioxidants, B vitamins, minerals, phenolic compounds, phytochemicals and fiber.

- **The Endosperm** is the largest and starchiest part of the grain. The carbohydrates nourish the germ as it develops into a plant. It also provides protein, vitamins and minerals.

- **The Germ** is the embryo that will sprout into a plant and the only portion of the grain that contains healthy fats. It contains vitamins including B vitamins, vitamin E, as well as some protein, phytochemicals and minerals.



1. Whole grains provide you with antioxidants and phytochemicals which are protective against free radicals which cause cancer, chronic disease, and cellular damage. In fact, some studies are even showing that whole grains have an antioxidant capacity comparable to super fruits and vegetables.*

2. Whole grains are not only linked to smaller waistlines and lower body weights but also to maintaining a healthy weight.*

3. Whole grains are rich in fiber and oligosaccharides which can improve control of blood sugars, reduce cholesterol, increase regularity, promote gastrointestinal (GI) health, aid in weight control, and even decrease risk of certain cancers and heart disease.*

4. Whole grains contain lignans which may protect against heart disease, diabetes, and some hormone related cancers.*

5. Whole grain consumption is linked to a reduced risk of Type 2 Diabetes. For those with Diabetes, whole grains are a nutrient dense carbohydrate which has been reported to actually improve insulin sensitivity and glucose tolerance.*

6. Although refined grains can become enriched, the fiber, bioactive components, antioxidants, and some vitamins and minerals that were in the whole grain remain lost.

7. Whole grain intake has been linked to decreased levels of C - reactive protein (CRP) which is an inflammatory marker related to the development of heart disease, cancer, and diabetes.*

8. Whole grains are linked to reductions in blood pressure. This may be due to the nutrients the whole grain has to offer including fiber, magnesium, and potassium.*

9. Whole grains contain unsaturated fatty acids, fiber, resistant starch, polysaccharides, soluble fiber and plant stanols and sterols all of which may improve cholesterol levels.*

10. Switching to whole grains is one of the easiest and most delicious diet changes you can make and they can fit into about every diet. With just two 2 oz slices of Great Harvest whole wheat bread every day you get big results in health status.

*Sources can be found at:
<http://www.greatharvest.com/bread/benefits.html>

