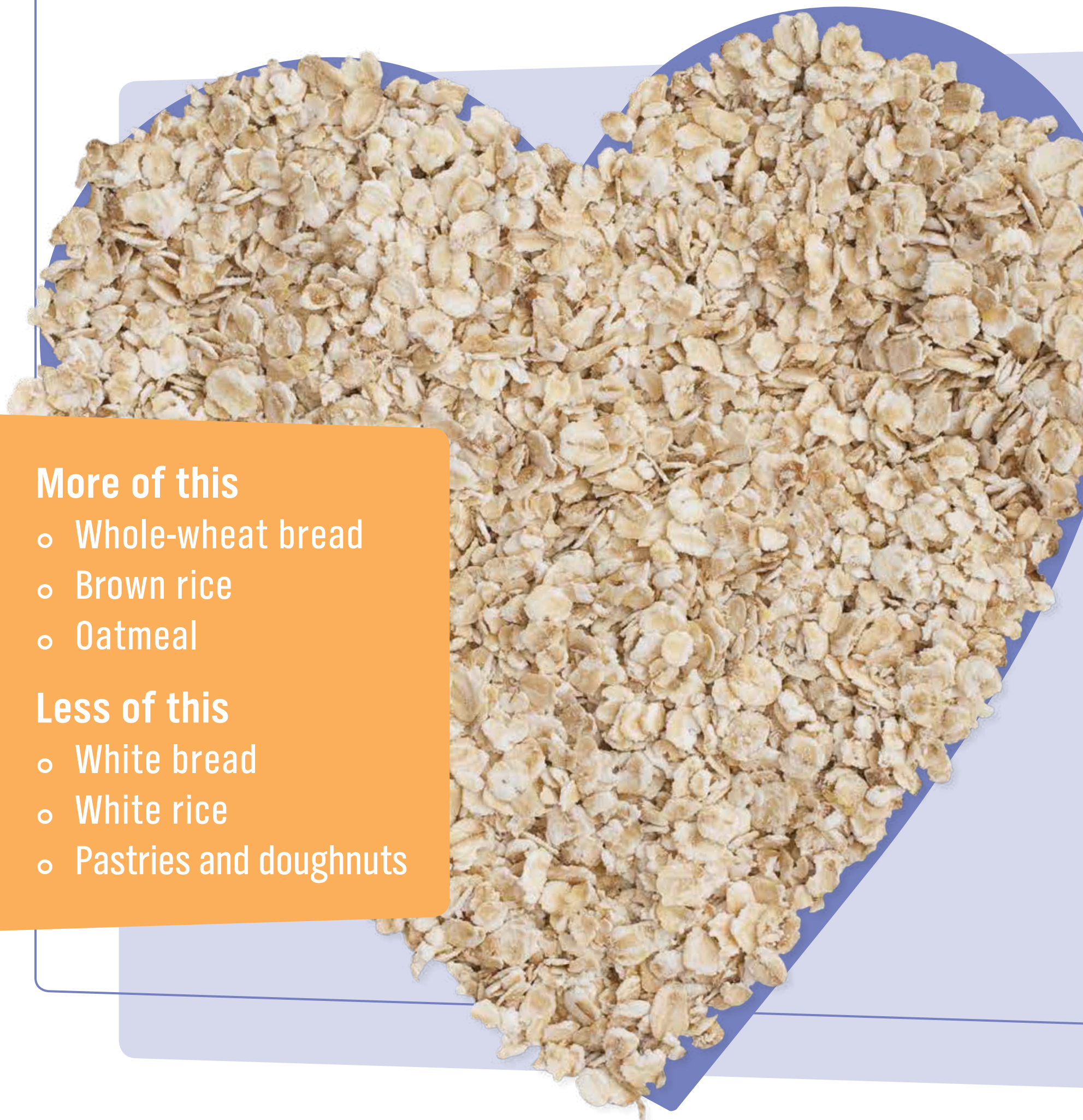




Love whole grains with your whole heart

Eat 2.5 or more daily servings of whole-grain foods – drop your risk of heart disease by 21%.*



More of this

- Whole-wheat bread
- Brown rice
- Oatmeal

Less of this

- White bread
- White rice
- Pastries and doughnuts

* Mellen PB, Walsh TF, Herrington DM. Whole grain intake and cardiovascular disease: A meta-analysis. <http://www.ncbi.nlm.nih.gov/pubmed/17449231>. Nutr Metab Cardiovasc Dis. 2007.

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