**Health Tip of the Month**

**Whole Grains: Make the Switch!**

Whole grains foods are ...

- a good source of dietary fiber, help lower cholesterol, reduce constipation, and provide a feeling of fullness.
- a natural source of B-vitamins, and minerals (iron, magnesium & selenium).
- Often labeled “100% whole grain”
- Examples are brown rice, oats, wheat berries, barley, millet, quinoa, whole wheat pasta, and whole grain bread.

**Getting Started**

- Whole grains may be prepared differently from refined (white) grains, so read cooking directions.
- Check expiration dates and store whole grain foods in a cool, dry place.

**Try, Try AGAIN**

Don’t give up on whole grain foods. Try mixing whole with refined grains.

- Cook brown and white rice
- Sandwiches: 1 slice white and 1 slice whole wheat
- Pasta: mix regular and whole wheat

**Worksite Wellness Initiative:** brought to you by PeiShien Chiou, Dietetic Intern Teachers College Columbia University.