



This month
we're celebrating
**whole
grains**

Discovery
KITCHEN

DID YOU KNOW?

- Whole grains contain dietary fiber, which helps reduce cholesterol and may lower risk of heart disease.
- Farro, an ancient grain, has a nutty flavor and is a great source of fiber and protein.
- Quinoa, amaranth, millet, and sorghum can pop like popcorn.
- Wheat provides more calories and protein in the world's diet than any other crop! It is also a staple food for 35% of the earth's population.
- Studies show that individuals who eat at least 3 servings of whole grains reduce their risk of heart disease by 25-36%