



How To Eat More Whole Grains

If you're like most Americans, you probably don't include enough whole grains in your daily meals. Unlike refined grains (e.g., white flour, white rice), whole grains retain the bran and germ which provide many nutrients such as vitamins A, B and E, plus iron, magnesium and selenium. Naturally high in fiber, whole grains help reduce weight and cholesterol and can lower the risk of diabetes and heart disease.

Some examples of whole grains include oatmeal, whole wheat, bran, quinoa, brown and wild rice, barley, farro, bulgar, buckwheat, corn meal, millet and spelt, many of which we keep in stock year-round. To find out how to add more whole grains to your diet, [check out this article](#) from the Heart Foundation.

Eat Healthy. Be Happy.

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