

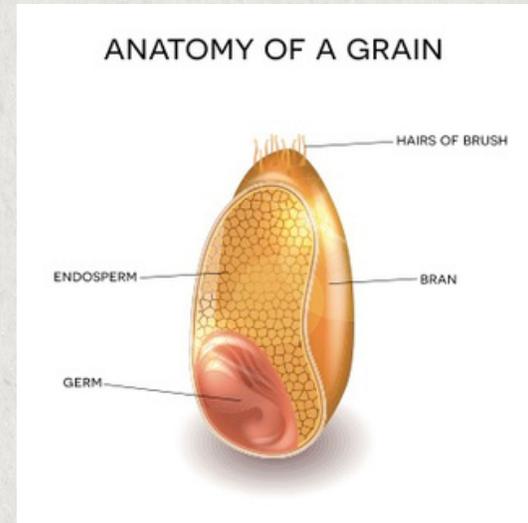


## March: Whole Grain Madness

Diets filled with whole grains have been shown to have **lower risk of:**

- Obesity
- Heart Disease
- Certain Cancers

These health benefits are due to the three awesome layers of nutrients that we find in whole grains: the **bran** (which has fiber), the **endosperm** (which houses its energy), and the **germ** layer (which has essential oils and vitamins).



**Half of the grain foods we eat should be WHOLE GRAINS.**

Here are a few fun examples:



## Additional Resources

- [Whole wheat cinnamon pancakes](#)
- [Apple Cinnamon Muffins](#)
- [Apple Cinnamon Baked Oatmeal](#)
- [From Farm to Table](#)

