



EAT MORE WHOLEGRAINS

The Challenge

Have a wholegrain option with at least one of your main meals every day.

Why is it important to have wholegrains?

- Wholegrains are a great way to increase our fibre intake, which is important for our health. In the UK, many of us are not getting enough fibre in our diet.
- Wholegrains provide some essential vitamins and minerals that have a wide range of important functions in our body.

What counts?

- Wholemeal or wholegrain breads.
- Wholewheat pasta.
- Brown rice.
- Wholegrain breakfast cereals.
- Porridge oats.
- Grains, such as bulgur wheat, pearl barley, spelt, freekeh or quinoa.

How can we fit wholegrains into our diet?

We can include wholegrains at meals and snacks. For example, porridge or a wholegrain breakfast cereal such as bran flakes at breakfast time, wholegrain rye crackers with peanut butter as a snack, sandwiches made with wholemeal bread for lunch and wholewheat instead of white pasta as part of an evening meal.

More unusual types of wholegrains, such as freekeh or pearl barley, can be included in dishes instead of rice or couscous.

#goforgrains

