

Fresh &
Handcrafted
Tastes
Amazing

*Early morning
hours and
all hands
are on deck.*

**Our bakers
are devoted
to quality
products even
when that
means a 3 a.m.
wake up call.**

**Everything at
Great Harvest
is handcrafted,
from scratch,
with pure
& simple
ingredients.
We wouldn't
have it any
other way.**

**Eating Well
Should Taste
Amazing!**

Great Harvest Bread Co.[®]

Whole Grains Fact Sheet

🌾 In 2010, whole grains gained more prominence in the USDA's healthy diet recommendations. Now dietary guidelines urge Americans to make at least half of their grains whole, and to limit foods that contain refined grains.

🌾 Most healthy adults should consume 6-8 ounce equivalents of whole grains every day. Making half of them whole is as easy as making a sandwich with two 2 oz slices of Great Harvest's whole grain bread.

🌾 All three parts of the grain must be present in the same relative proportions to be considered a whole grain. These parts include the bran, the germ, and the endosperm. Refined grains lose the bran and the germ, which means important nutrients including B-vitamins, antioxidants, fiber, and essential fats are lost.

🌾 Food labels can be deceiving, not all wheat, multigrain, or other brown breads are necessarily whole grain. To verify whether a product is whole grain, look at the ingredients list. The first or second ingredient after water should have the word "whole" in front of it if the product is whole grain.

🌾 Whole grain bread is a natural source of iron, magnesium, selenium, B vitamins, phytochemicals, and dietary fiber. Evidence shows that these nutrients work in tandem to promote digestive health and reduce your risk of type 2 Diabetes, heart disease, and some forms of cancers. Also, eating the recommended intake for whole grains is linked to a healthy body weight and maintaining that weight.

🌾 Less than 5% of Americans are consuming the minimum recommended amount of whole grains per day. On average Americans are consuming less than 1 ounce equivalent of whole grains per day. (DGA-2010).

🌾 Carbohydrates are essential to life and your body's preferred fuel source for everything from breathing, to running a mile, to picking your kids up from school, to even powering your brain to solve a crossword puzzle.