

Wellness Tidbits



WHOLE GRAINS & YOUR HEART

When thinking of whole grains, most people think of fiber and the benefits it has for our body. But did you know that they can also promote **heart health**?

What is a grain and what classifies it as “whole”?

Grains like wheat, rice, oats, corn or other cereal are considered whole when they have not been through the milling process. This process increases shelf life, but lowers the fiber content.

How can they help your heart?

Having high blood cholesterol is a risk factor to heart disease, meaning it is a condition that increases our chance of developing disease. Fiber, found in whole grains, is known to moderately lower the bad cholesterol in our system.

How can we make whole grains part of our everyday diet?

The USDA recommends 20-35 grams of fiber each day for the average adult. So, keep the peels on your fruits and veggies when you eat them, eat lots of whole grains, and stay away from the temptation of refined grains!



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is the recommended dietary allowance of fiber for the average adult?

**ANSWER FITBIT®
CHALLENGE HERE!**

