



The

PTI BUZZ

Carol Kur, MSRE

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WHOLE GRAINS VS. REFINED GRAINS

We know that whole grains are better than refined grains because of fiber, vitamins, and minerals.'

Whole Grains

- Barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Popcorn
- Wild rice
- Whole-wheat bread, pasta or crackers
- Millet

Refined Grains

- Corn flakes
- Couscous
- Enriched macaroni or spaghetti
- Grits
- Pretzels
- White bread (refined)
- White rice

Tidy up the backyard 25 minutes and burn 100 calories

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