

## September is Whole Grain Month

September marks the beginning of Fall and is often thought of as the harvest month. A healthy harvest begins by adding healthy whole grains to your diet. The benefits of adding whole grains include reduced risk of heart disease, stroke and Type 2 diabetes. Whole grains also help to boost antioxidant levels and lower cholesterol. Studies show that those who consume whole grains daily weigh less than those who consume whole grains inconsistently. All types of grains are a good source of complex carbohydrates, vitamins and minerals.

So what is considered whole grain? Whole grain is unrefined grains that haven't had their bran and germ removed by milling. The "Dietary Guidelines for Americans" recommends that at least half of all grains we eat should be whole grains as opposed to refined grains that are milled.

The most common types of whole grains are wild rice, brown rice, whole wheat, oatmeal, whole oats, barley, whole rye, bulgar and popcorn - and there are many more. Everyone can benefit from adding whole grains to their diet consistently. At Grandma's Pantry we have lots of whole grains to choose from. Check us out and let us help you add those delicious whole grains to your diet so that you and your family can benefit – not only during the whole grain month of September, but every month of the year.

Come visit us at Grandma's Pantry in Harrisonburg, VA or shop online at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com).

***"So, whatever you eat or drink, or whatever you do,  
do all to the glory of God." (1 Cor. 10:31)***