

# Go with the Grain.

Why eating more whole grains is good for our health.



Canada's Dietary Guidelines recommend including whole grain foods as part of a healthy diet.<sup>2</sup>

According to a recent Canadian study<sup>1</sup>, higher whole grain intake was associated with higher diet quality, higher intake of other recommended food groups including fruits, dairy, and legumes, nuts and seeds, and higher intake of key nutrients, particularly fibre, potassium and iron.<sup>3</sup>

## Whole grains at a glance

Eating more whole grains<sup>3</sup> was associated with **Higher Intake of:**

**Fibre**  
**Potassium**  
**Calcium**  
**Iron**  
**Magnesium**



**No Difference or Lower Intake of:**

**Refined grains**  
**Saturated fat**  
**Total sugar**  
**Sodium**



Adults who had more whole grain intake had 53% higher fibre intake, while children had 63% higher fibre intake.

## TOP

# 2

food sources of whole grains among Canadians:



**1** Breakfast cereal

**2** Whole wheat bread

General Mills proudly makes all our Canadian cereals with whole grains as the first ingredient.

Encouraging Canadians to eat more whole grain breakfast cereal, as well as more whole grain bread, rice and pasta, in place of refined grains or other foods, could help Canadians increase in their whole grain intake. That could ultimately help children and adults follow the recommendations in the Canada Food Guide and help support healthy dietary patterns.



1. Smith J, Zhu Y, Jain N, Holschuh N. Association between whole grain food intake in Canada and nutrient intake, food group intake and diet quality: findings from the 2015 Canadian Community Health Survey. PLOS ONE; Published online July 1, 2021. <https://doi.org/10.1371/journal.pone.0253052>

2. Canada's Dietary Guidelines. 2019, Health Canada: Ottawa, ON, Canada.

3. Compared to no, or lower whole grain intake for both Canadian children and adults.