Most people don’t like to be told what to eat. However, when it comes to eating healthy, many folks are willing to listen if the message is short and to-the-point. That’s probably why “5-A-Day” quickly became a popular nutrition message. It was simple advice…eat 5 servings of fruits/vegetables every day.

Believe it or not, there is an equally simple message out there regarding **whole grains…eat three servings per day**. Short, sweet, but for some reason, not nearly as popular. Perhaps it’s because *‘whole grain’* brings to mind other words like gritty, brown, and tough-to-chew. Let’s not forget that whole grains are often associated with bad things like “dieting” and “relieving constipation.” These aren’t exactly words to entice the average eater!

Sure, whole grains can be very helpful in *moving things along*. And yes, there is good evidence to suggest that whole grains can assist with weight control. But here’s what you might not know…**getting more whole grains can reduce the risk of developing type 2 diabetes and heart disease.** Plus, there is growing evidence that it can reduce **the risk of getting certain types of cancer**! These are great reasons to eat more whole grains.

What’s more…whole grains are easy to find, come in a variety of tastes, textures and colors, and can be part of every meal!

