

Make Simple Changes

- Eat steel cut oats, rolled oats or oat berries instead of instant oatmeal
- Eat brown rice instead of white rice
- Eat sprouted whole grain tortillas instead of white flour tortillas
- Eat whole grain pasta or gluten-free pasta instead of white pasta
- Make quinoa or millet at least once a week for a protein packed grain
- Get a rice cooker to easily cook all of your whole grains
- Make stews using beans and/or lentils for a hearty protein full of cleansing fiber
- Make or buy baked goods with whole grain flours and natural sweeteners
- Discover new restaurants that feature whole grains as their staple. Look for vegetarian or macrobiotic restaurants that serve whole grains such as brown rice or quinoa.
- Shop at health food stores and farmer's markets
- Search bulk aisles for whole grains, beans, lentils, nuts and seeds
- Join a CSA (Community Supported Agriculture) and get local, seasonal, organic produce delivered to your home.

