



By Eating Whole Grains In Your Diet, You Can....

- Reduce the risk of stroke
- Reduce the risk of type 2 diabetes
- Reduce the risk of heart disease
- Assist in weight maintenance
- Reduce the risk of asthma
- Help maintain your carotid arteries
- Reduce inflammatory disease risk
- Lower risk of colorectal cancer
- Maintain healthier blood pressure
- Reduce the risk gum disease and tooth loss

*Whole Grains Are In Fun Foods!!!
Bosco Sticks Are Yummy!!*



By Eating Whole Grains In Your Diet, You Can....

- Reduce the risk of stroke
- Reduce the risk of type 2 diabetes
- Reduce the risk of heart disease
- Assist in weight maintenance
- Reduce the risk of asthma
- Help maintain your carotid arteries
- Reduce inflammatory disease risk
- Lower risk of colorectal cancer
- Maintain healthier blood pressure
- Reduce the risk gum disease and tooth loss

*Whole Grains Are In Fun Foods!!!
Bosco Sticks Are Yummy!!*



By Eating Whole Grains In Your Diet, You Can....

- Reduce the risk of stroke
- Reduce the risk of type 2 diabetes
- Reduce the risk of heart disease
- Assist in weight maintenance
- Reduce the risk of asthma
- Help maintain your carotid arteries
- Reduce inflammatory disease risk
- Lower risk of colorectal cancer
- Maintain healthier blood pressure
- Reduce the risk gum disease and tooth loss

*Whole Grains Are In Fun Foods!!!
Bosco Sticks Are Yummy!!*



By Eating Whole Grains In Your Diet, You Can....

- Reduce the risk of stroke
- Reduce the risk of type 2 diabetes
- Reduce the risk of heart disease
- Assist in weight maintenance
- Reduce the risk of asthma
- Help maintain your carotid arteries
- Reduce inflammatory disease risk
- Lower risk of colorectal cancer
- Maintain healthier blood pressure
- Reduce the risk gum disease and tooth loss

*Whole Grains Are In Fun Foods!!!
Bosco Sticks Are Yummy!!*