

# Track Your Whole Grains

Current Status: \_\_\_\_\_

Weekly Goal: \_\_\_\_\_

Monthly Goal: \_\_\_\_\_

## Quick tips to including whole grains in your meal plan.

Getting enough grains in your diet can help reduce your risk of chronic disease. When choosing grain items, opt for products that say "whole grain" or "whole wheat" instead of refined grains. These items have fiber and other nutrients good for your health.

## Other tips:

- Try brown rice instead of white rice.
- Swap out white bread for whole wheat instead.
- Select a whole grain cereal for breakfast or a snack.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								<input type="text"/>
Week 2								<input type="text"/>
Week 3								<input type="text"/>
Week 4								<input type="text"/>