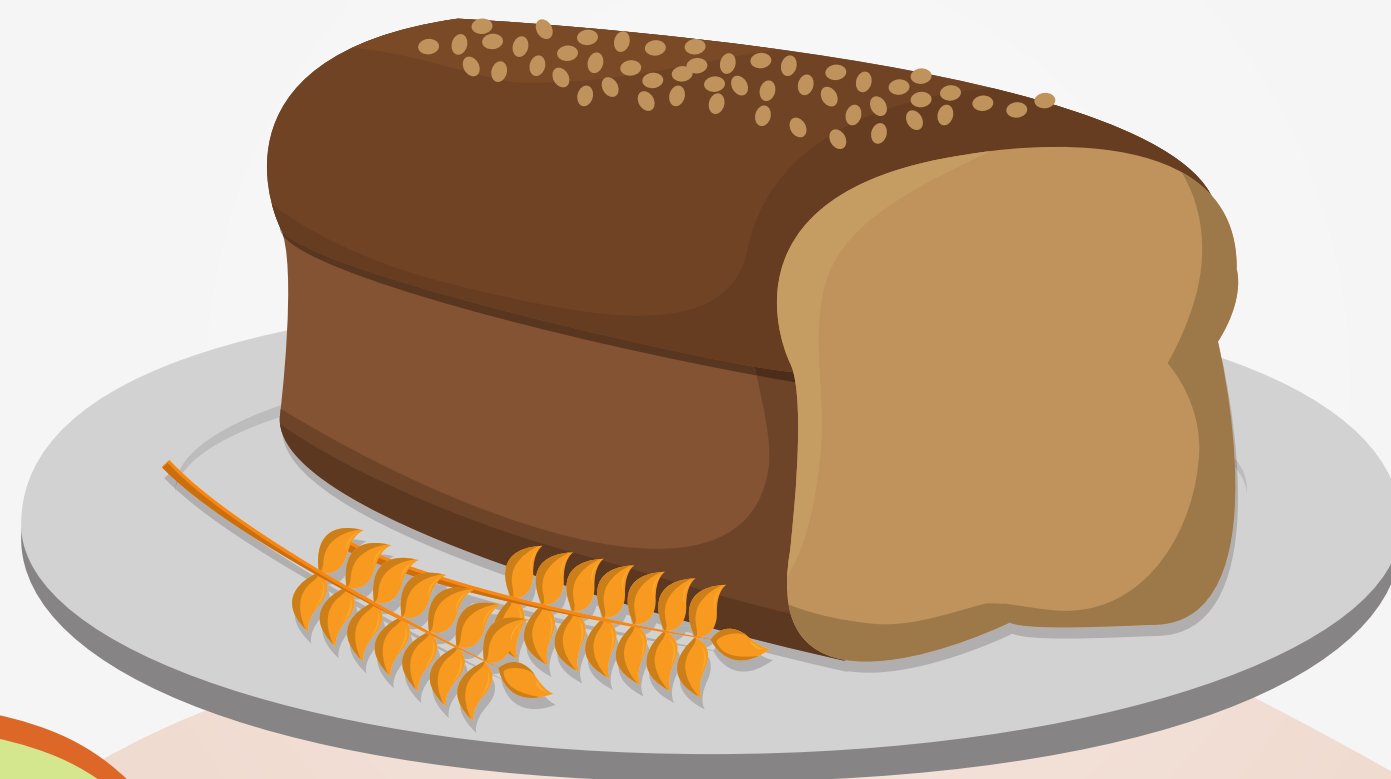


# Benefits of Whole Grains For Health

Contribute to feelings of fullness and help control appetite

Provides a steady release of energy

Reduce the temptation to snack on unhealthy foods during busy workdays



Helping to control appetite and reduce overeating.

May help enhance memory, concentration, and overall brain performance

Promotes a calmer, more balanced mindset amidst a busy and demanding lifestyle