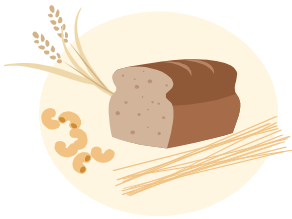


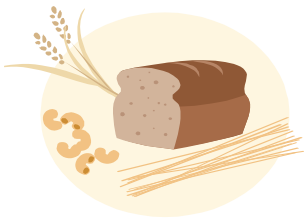
Whole Grains can...



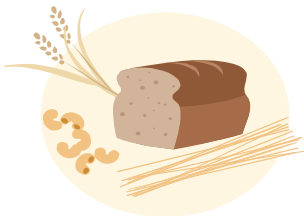
**Help prevent certain types
of cancer**



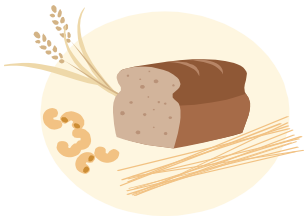
Help keep weight off



**Promote a healthy digestive
tract**



**Reduce your risk of
diabetes**



**Protect you from heart
disease and lower your
cholesterol level**

Remember:

The first word in the ingredients list must be “whole.”