

Whole grain foods are packed with nutrients that are good for our bodies, like fibre, vitamins and minerals. They keep you full for longer and often cost no more than refined grains, which have all the goodness removed during processing.

Here are some simple affordable swaps, from refined grains to whole grain foods.

- ♥ Breakfast: Rice bubbles → porridge or weetbix
- ♥ Lunch: White bread, roll or wrap → wholemeal/whole grain bread, roll or wrap
- ♥ Snacks: Shapes or Snax crackers → whole grain crackers
- ♥ Dinner: White rice or white pasta → brown rice or wholemeal pasta



Eat whole grain foods alongside plenty of other foods that are close to how they're found in nature like vegies, fruit, legumes (lentils, chickpeas and kidney beans), oily fish and some dairy, chicken and meat.