

# Bread. It's Essential To Fitness And Energy.



## Wholesome Goodness and Common Sense

Healthy eating and balanced living is not complicated. It's common sense. The fact is, there are no quick fixes or fad diets that work in the long term. The best advice has been around for generations:

- Eat a variety of foods
- Avoid overindulging
- Get some exercise every day

It doesn't matter where the calories come from – fat, protein or carbohydrates – if we consume more than we expend, the remainder will be stored as fat.

## Eat Right, Exercise Right

No healthy eating plan can be complete without physical activity. Most experts recommend moderate exercise – like walking – for 30 minutes a day. Too busy? It's OK, you can break that time down into smaller segments. Increased activity not only increases the number of calories we use, but it helps build and maintain strong bones and muscles.

## The Grain Foods Foundation

The Grain Foods Foundation, a joint venture of members of the milling and baking industries formed in 2004, is dedicated to advancing the public's understanding of the beneficial role grain-based foods play in the human diet. Directed by a board of trustees, the Foundation is funded by voluntary donations from private grain-based food companies and supplemented by industry associations.



To learn more about the Grains for LIFE program and how you can incorporate healthy grains into your diet, please visit our website at [www.grainpower.org](http://www.grainpower.org).