

Bread. It's Essential To Longevity And Wellness.



Bread and grains have formed the basis of the human diet for more than 10,000 years; not just because they taste good, but because they provide many of the essential elements that help the human body stay healthy and fight diseases, such as:

- Heart disease
- Some cancers
- Diabetes
- Birth defects

Carbohydrates and Diabetes

The recent low-carb craze has caused a fair amount of confusion among consumers regarding nutrition and healthy eating. The simple fact is, adult-onset diabetes is often caused by obesity – not by carbohydrates. In fact, scientific evidence shows that diets rich in complex carbohydrates, especially whole grains, can help prevent obesity and diabetes, as well as effectively manage diabetes for those with the condition.

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.