

Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **NATIONAL WHOLE GRAINS MONTH**



This week's message is Whole Grains Month. September is whole grains month! Despite all the carbohydrate bashing going on, some grains really are good for you. The key is to identify and choose whole grains, which contain all the essential nutrients that are found in the original grain seed. Consuming whole grains has many proven benefits such as reduced risks of cancer, heart disease, and type 2 diabetes. The consumption of them can lower cholesterol and blood pressure as well as improve digestion. **Please explore these resources** to learn more.



[September is Whole Grains Month](#)

[The Ultimate Whole Grains Site](#)



[The Wheat Foundation](#)

[US Health Dietary Guidelines](#)

[11 Proven Benefits of Quinoa](#)

[125 Whole Grain Recipes](#)

