

## **‘NUTRITIONAL TIPS’**

### **THE WHOLE GRAINY PICTURE**

Even though research continues to support the role of whole grains in preventing a variety of diseases, many people are missing the nutritional message.

Whole grains are very beneficial to your diet. They can help reduce your risk of heart disease, stroke, type 2 diabetes, several forms of cancer and some gastrointestinal problems.

Whole grain varieties include wheat, oats, corn and rye along with lesser-knowns like barley, spelt, groats, wheat berries, millet and flaxseed. Whole grains are found in cereals, breads, flours and crackers and some whole grains can be used as side dishes or part of an entree.

Find whole grains by checking the package label for the words “whole” or “whole-grain.” Phrases like “stoned wheat,” “cracked wheat” and “wheat flour” don’t guarantee the presence of whole grain.

The Food Guide Pyramid recommends six to 11 servings of grains per day; aim for at least three of those servings to include whole grains.

Remember how important it is to be aware of your ‘Nutrition & Hydration’.

Your ‘Golf Body Machine’ needs this care!

**“Welcome Aboard!”  
“Enjoy The Ride!”**

### **SATISFACTION GUARANTEED**

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