



Oldways Whole Grains Council Conference

November 4–6, 2018
Seattle, Washington

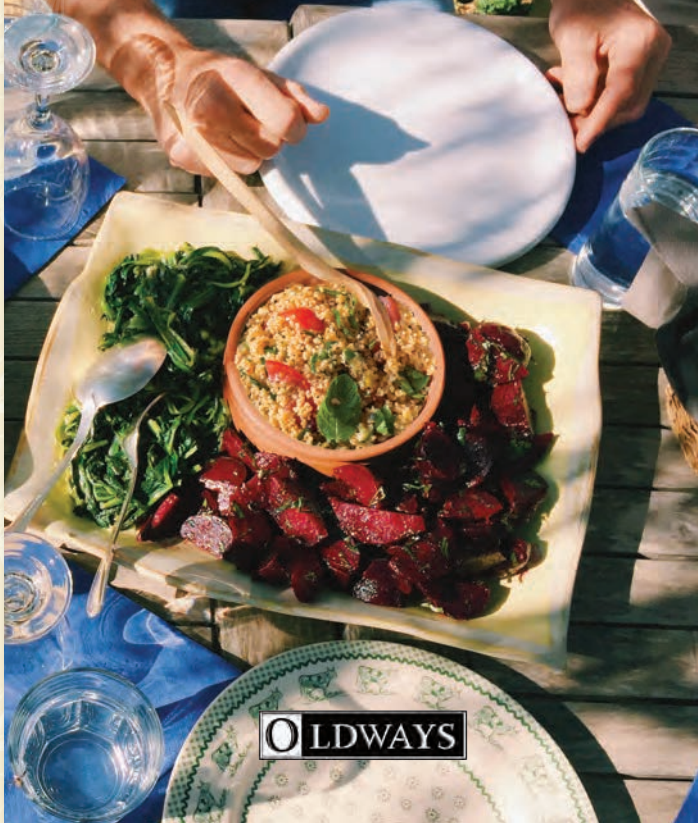
— organized by —



wholegrainscouncil.org • [#WholeGrains2018](https://twitter.com/WholeGrains2018)

WHOLE GRAINS AROUND THE WORLD

An Oldways 4-Week Menu Plan



This book will help your customers, clients, and patients discover the wide variety of unique textures, flavors, and aromas that whole grains have to offer!

Whole Grains Around the World takes you on a 28-day journey through the world of whole grains. Each of the weeks in this menu plan is inspired by a different heritage diet: **Mediterranean**, **African**, **Latin American**, and **Asian**. Go beyond the basics and explore delicious preparations of grains, with recipes like eggplant & barley salad, maple walnut teff porridge, poblanos stuffed with quinoa, squash & beans.

Purchase

\$14.99 each.

Receive bulk discounts on orders of 50+ books.

Available for purchase online at:

<https://www.oldwayswebstore.org>

Co-branding Options

Add your organization's logo to the cover of the book to spread the word about your product and using more grains. Contact store@oldwayspt.org for co-branding details.



THANK YOU TO OUR SPONSORS OF THE
WHOLE GRAINS CONFERENCE SEATTLE 2018

— PROJECT SPONSOR —



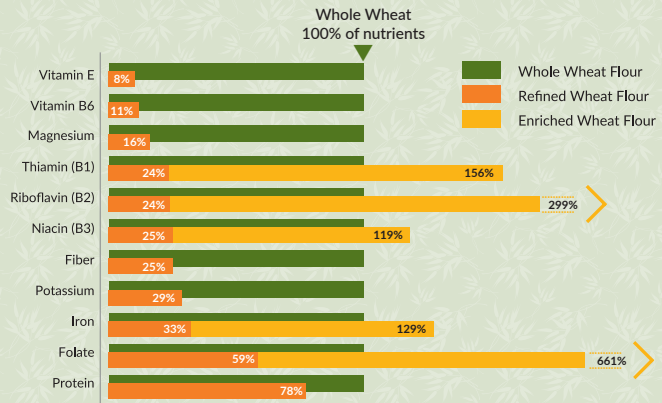
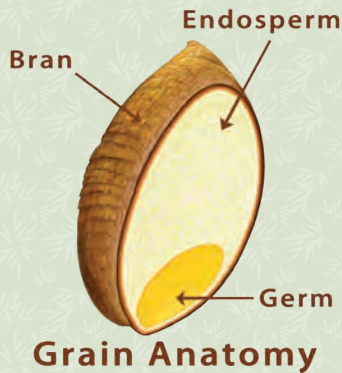
— EVENT SPONSORS —



— BENEFACITOR SPONSORS —



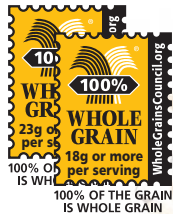
Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.



EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!



HOW TO FIND WHOLE GRAINS



The different gram amount on each Stamp tells you how many grams of whole grain are in ONE serving of the product.



THE 100% STAMP	THE 50% STAMP	THE BASIC STAMP
Products where ALL of the grain is whole grain	Products where at least 50% of the grain is whole grain	Products that contain a significant amount of whole grain, but which contain primarily refined grain.
Minimum requirement: 16 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving

LOOK FOR THESE WORDS IN THE INGREDIENTS:

- Whole Grain:** whole [grain], whole [grain] flour, wheat berries, stoneground whole [grain], oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley
- May or May Not be Whole Grain:** flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]
- Not Whole Grain:** enriched flour, bran, germ, wheat germ, degerminated, pearled barley, degerminated corn, white rice