

GRAIN FIBER LINKED TO BETTER HEALTH...

New Study Shows!

Fiber from vegetables, fruit and whole grains have been shown to be essential to good health. However, a long-term study released by the National Institutes of Health - AARP Diet & Health Study, reports a connection between dietary fiber and a reduced risk of death from cardiovascular, infectious and respiratory diseases as well as risk of death from any cause. Fiber from grain, especially whole grains, proved to be most protective. This study did not recommend any specific products but whole grains in general.

Choose Foods with Whole Grains.

No matter what the brand, make sure the first ingredient is whole wheat, whole oats or other whole grain. Whole grain contains three parts, the inner germ, the starchy endosperm and the outer bran which contains most of the fiber and antioxidants. Many products, exclude the germ and bran for milder taste and longer shelf life.

Grain Berry Goes Beyond Whole Grain with Powerhouse Antioxidants.

Grain Berry Bran Flakes, Toasted Oats, Pancake & Waffle Mix, Muffin Mix and Snack Crackers start with whole grain wheat or oats and add natural grain fiber in the form of special bran to enhance fiber and natural antioxidants. In fact, it contains the antioxidant power of blueberries.

Good Taste, Important Too!

Grain Berry is made by The Silver Palate of cookbook name, so we feel obligated to emphasize good taste and enjoyment as well as good health.



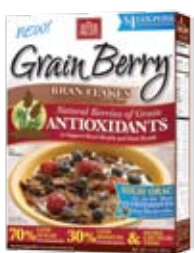
Whole Grains PLUS Antioxidants for Better Health!

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MANUFACTURER'S COUPON EXPIRES AUGUST 31, 2011

SAVE \$2.00

ANY NEW GRAIN BERRY® CEREAL.



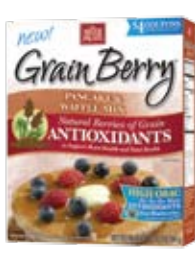
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ANY NEW GRAIN BERRY® PANCAKE OR MUFFIN MIX.



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ANY NEW GRAIN BERRY® SNACK CRACKER.



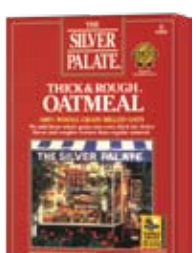
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SAVE \$2.00

SILVER PALATE® THICK & ROUGH OATMEAL.



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