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| **Month** | **Theme** | **Weekly Social Media Posts** | **Nutrition Presentations/Events** | **Nutrition Newsletter** | **Videos** | **Other Resources** |
| Nov 2023 | **Whole Grains Promote Good Health**  **Message:**  Whole grain foods are good for your health. Whole grain foods have important nutrients and  can help lower your risk of heart disease, type 2 diabetes, and certain types of cancer. | **Week 1 -** *Whole grain foods are good for you*. Whole grain foods have important nutrients such as:  -fibre  -vitamins  -minerals  Whole grain foods have more fibre than refined grains. Eating foods higher in fibre can help lower your risk of:  -stroke  -colon cancer  -heart disease  -type 2 diabetes  **Image** [**here**](https://www.freepik.com/free-photo/collection-common-food-allergens-people_33757301.htm#query=whole%20grains&position=24&from_view=search&track=ais)  **Week 2** – *Choose Whole Grains:*  When you shop, look for 100% whole grain on package labels or the word "whole" in front of the type of grain on the ingredient list. Whole grains contain all three parts of the kernel of grain: the bran, the endosperm, and the germ. Examples of whole grains are oatmeal, brown rice, millet, and whole grain wheat, and products made with whole grains, like 100% whole grain bread and pasta.  **Image** [here](https://www.freepik.com/free-photo/raw-rich-brown-wooden-bowl_4011226.htm#page=2&query=brown%20rice&position=2&from_view=search&track=ais)  **Week 3** – Tips to Include More Whole Grains:   * Eat whole grain whole wheat cereals and bread. * Make buckwheat pancakes and whole grain, whole wheat waffles. * Add cooked brown rice, hulled barley, or cooked wheat berries to soups and salads. * Change your pasta from white to whole grain. * Stir whole grain cereal into yogurt for a tasty snack. * Replace up to half the white flour with whole grain whole wheat flour in your recipes. * Add cooked brown rice or whole grain breadcrumbs to ground meat.   **Image** [here](https://www.freepik.com/free-photo/bowl-healthy-oatmeal-with-banana-fresh-berries-wooden-table_3365552.htm#query=oatmeal%20yogurt&position=8&from_view=search&track=ais)  **Week 4** – Tips to choose whole grain foods at the grocery store:  Read nutrition labels and choose products with:   * The word Whole grain on the package AND * First ingredients as: whole grain wheat, whole rye, whole oat, oatmeal, whole corn, whole barley, etc.   Choose whole grains that are good sources of fibre:  -products with at least **2 grams** of fibre per serving  - products that claim to be “high in fibre” must contain **4 grams** of fibre or more per serving.  **Imagine** [here](https://www.freepik.com/free-photo/senior-woman-supermarket_13189508.htm#query=grocery%20shopping%20senior&position=11&from_view=search&track=ais) | AHS Wellness Kitchen Classes – Fall 2023 Programs here - <https://www.albertahealthservices.ca/assets/hospitals/shc/shc-wellness-centre-virtual-program-guide.pdf>  AHS South Zone AB Healthy Living Classes here - <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026154>  And here - <https://www.albertahealthservices.ca/info/page13984.aspx> |  | Main Video [here](https://youtu.be/JxmSzyuj6qk?si=Uk_5yo4R33dq9uxm)  AHS Health Matters: Whole Grains [here](https://youtu.be/2eEnfG4VKaQ?si=QEiQQReyZpNDBXwm&t=951) | Nutrition Handouts:  Try a New Whole Grain - <https://www.albertahealthservices.ca/nutrition/page14677.aspx>  Choose Whole Grains: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hesh-st-choose-whole-grains.pdf>  Old Adults Whole Grains:  <https://olderadultnutritionscreening.com/resources-for-older-adults/#whole-grain-foods> |