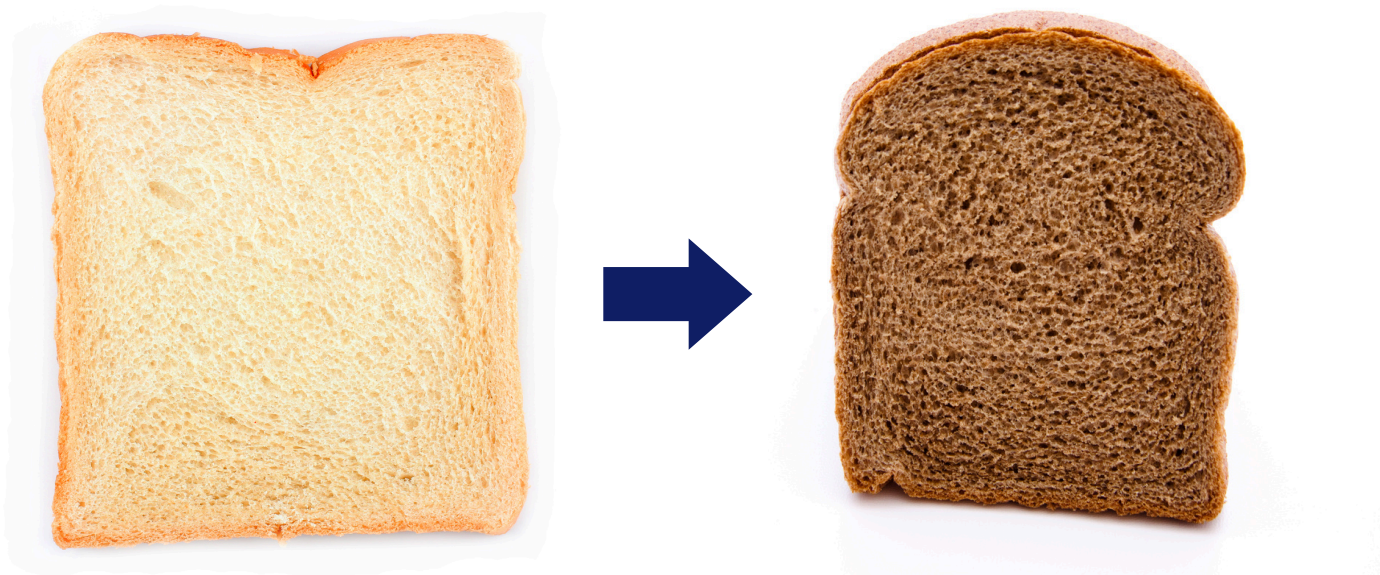


# ***Nutrition Snippet***

## BOOST YOUR WHOLEGRAINS.



### **Simple swaps - good for the gut.**

Wholegrains are nutrient powerhouses packed full of fibre, vitamins and minerals. They help keep our digestive system healthy.

Aim to eat at least two-thirds of your breads and cereals as wholegrain or wholemeal foods.

**From simple swaps to creative cooking and additions, find out how to increase your family's wholegrain intake and access FREE delicious recipes at [healthymadetasty.com.au/blog/wholegrain-hacks-for-a-healthier-diet](https://healthymadetasty.com.au/blog/wholegrain-hacks-for-a-healthier-diet)**

**[healthymadetasty.com.au](https://healthymadetasty.com.au)**



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