

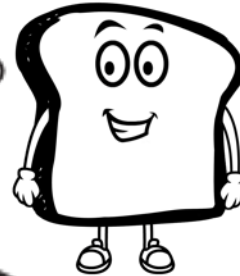
# Chef Solus Energy Pals - Meet the Grains Group!



We come from  
rice, oats,  
barley and  
wheat!



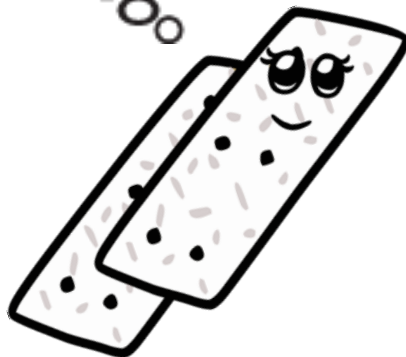
Hello! We are the  
Grains Group!



Look for  
100% whole  
grains!



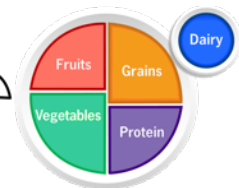
Whole  
grains are  
usually brown,  
not white.



Whole wheat flour,  
bulgar, oatmeal, and  
brown rice are types  
of whole grains.



Whole grains  
give you fiber  
and that keeps  
your heart  
happy!



# Chef Solus Energy Pals - Meet the Grains Group!



Grains gives you lots of energy.

Meet my pals, the Grains Group.  
I try to cook most of my dishes with 100% whole grains!  
Please color my friends.

Eat 100% WHOLE GRAINS everyday!

