Make half my grains whole? I can do that!

**Whole grains are the intact, unprocessed versions of any grain**, such as brown rice, whole wheat, whole oats, corn (popcorn!), or quinoa. Whole grains contain important vitamins, minerals, and fiber, which are associated with digestive health plus blood sugar and cholesterol control.

**No time for a meal?** Plan ahead and get your own fixings to make a sandwich. Grab a container at the salad bar of sandwich ingredients – like chicken, hummus, cucumbers, greens, peppers, and tomatoes: pick up some whole grain bread from the bakery section. Voila! You can make a sandwich later.

**Looking for whole grains at BC Dining?**

- All vegetable pizzas are made on whole grain crust, and burgers and chicken sandwiches come standard on a whole grain bun.
- Whole grain breads are available at deli stations and in bakery case, and a lower calorie whole grain wrap is available at wrap and deli stations.
- A rotation of ancient grains (including quinoa!) is available at the B’n Green pasta toss.
- Whole grain breakfast cereal is available all day, and old-fashioned oatmeal is available at breakfast daily.
- Brown rice and whole grain pasta are frequently featured in the dining halls. Additionally, you can check our online menu to see the rotating variety of other whole grains.
- Corcoran introduced a new salad station that features whole grain salads such as quinoa or brown rice.

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