



Consumer Handouts

Here is a selection of other useful fact sheets that can be found on the Wheat Foods Council's website, www.wheatfoods.org. These easily-downloadable PDFs provide tons of info covering a wide range of topics.

[Getting more grains in your diet](#)

[Grains of Truth - Couscous](#)

[Portion Control Guide Chart](#)

[Grains of Truth - Fiber](#)

[Gluten in the Diet](#)

[Grains of Truth - Folic Acid](#)

[Flour 101](#)

[Grains of Truth - Wheat facts](#)

[Fiber for Adults](#)

[Grains of Truth - Wheat flour](#)

[Fiber for Kids](#)

[Grains of Truth - White wheat](#)

[Fiber for Seniors](#)

[Grains of Truth - Whole grain and enriched grain products](#)

[Grains of Truth - Ancient Wheat and Pseudo Grains](#)

[Grains of Truth - Baking Ingredients](#)

[Grains of Truth - Baking Terms](#)

[Grains of Truth - Bulgur](#)

