



Eat
wholegrains.
Make your
gut 😊

Say hello to a healthier gut. Wholegrains are packed with fibre that helps your gut work better.

FEEL-GOOD FOOD



What's on your plate?
Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.





Eat wholegrains. Keep your full for longer.



Not all carbohydrates are created equal. Wholegrains provide slow-release energy that keeps you charged and active for longer. No more food comas and energy crash.

FEEL-GOOD FOOD



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.



*Eat
wholegrains.
Show some
love to
your* 



Did you know that eating wholegrains can lower your risk of heart diseases? Plus, the additional fibre helps you to keep a healthy weight too.

FEEL-GOOD FOOD

What's on your plate?
Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.





Eat wholegrains. Stay healthy and

Get more vitamins and minerals by swapping to wholegrains. These nutrients keep you functioning well and reduce risk of diseases like cancer and diabetes.

FEEL-GOOD FOOD



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

