



Date: 25/05/2022

PRESS RELEASE  
For Immediate Release

## Celebrate Whole Grains for Whole Body Health this June

The Grains & Legumes Nutrition Council (GLNC) is gearing up to celebrate everything whole grains with their renowned Whole Grain Week, happening June 12-19. The week is aimed at getting more whole grains on the plates of Australian's, with the key messaging *Whole Grains for Whole Body Health*.

Most Australian adults currently consume just 21g or less than 1.5 serves of whole grain a day – less than half of the recommended 48g or three serves a day, which only 27% of adults meet. Adolescents, on average, consume just 8.7g of whole grains a day, less than a fifth of the recommended daily intake.

With overwhelming evidence to show the health benefits of the humble whole grain, GLNC is working with some of the food industry's biggest names including The Arnott's Group, George Weston Foods, Nestlé, Sanitarium Health Food Company, and Bakers Delight to spread the health message.

The campaign will drive consumers to increase their daily recommended intake of whole grains to the recommended 48g, with innovative recipes, a webinar series for industry and an endless list of helpful resources and all the tips and tricks consumers need to identify, cook and love whole grains, including a specially designed dish by award-winning author and columnist Alice Zaslavsky.

"The evidence shows that eating 3 serves of whole grain foods a day is linked to a 20-30% reduction in risk of total mortality, cardiovascular disease, diabetes, stroke and some cancers – comparable to that observed for 5 – 6 serves of fruit and vegetables. It's key we get more Australians eating whole grain, it's great for gut and digestive health, heart health, immune support and even planet health.", said Kathy La Macchia, General Manager of GLNC.

People can join the campaign activity over on the GLNC Instagram: [www.instagram.com/grainslegumesnutritioncouncil](https://www.instagram.com/grainslegumesnutritioncouncil) or over at the website: [www.glnc.org.au](http://www.glnc.org.au)

--- ENDS---

For further information:

Charlotte Strand  
Marketing and Communications Manager  
Ph: 0428 957 559  
E: [c.strand@glnc.org.au](mailto:c.strand@glnc.org.au)

**About GLNC:** GLNC is a not-for-profit company limited by guarantee and a recognised health promotion charity. As the independent authority on the nutrition and health benefits of grains and legumes, GLNC provides a platform for organisations from across the grains and legumes value chain that have a pre-competitive interest in promoting the health and nutrition benefits of grains, grain-based foods and legumes. As the independent authority on the nutrition and health benefits of grains and legumes, GLNC's mission is to promote grains & legumes as part of a balanced diet through evidence-based information, while supporting the industry to benefit all Australians.