

Cereal is the #1 source of whole grain intake among Canadians.

Can you guess the second?

Find out at [Go with the Grain: Canadians' Whole Grain Intakes and Benefits and Future Ideas.](#)

📅 **Friday, April 30, 2021.**

🕒 **12:15 pm - 1:30 pm EST**

Hear from a panel of experts:

- Nicola McKeown, PhD, Tufts University
- Jessica Smith, PhD, Bell Institute of Health and Nutrition, General Mills
- Caroline Sluyter, Oldways Whole Grains Council

Learn more about whole grains including:

- Understanding the science on whole grains and health
- The latest findings from Canada on whole grain intake and diet quality
- How to encourage whole grain consumption

