**Research Rundown**

**Article:**
Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis of prospective studies

**What did this analysis find?**

<table>
<thead>
<tr>
<th>Consumption Level</th>
<th>Reduction in Risk</th>
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<tbody>
<tr>
<td>3 servings (90 grams) per day of whole grains</td>
<td>All cause mortality by 17%</td>
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<td>Coronary heart disease mortality by 19%</td>
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<td></td>
<td>Cardiovascular disease mortality by 22%</td>
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<td>Total cancer mortality by 15%</td>
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**What does this mean?**
Individuals who ate 3 servings per day of whole grains had a 17% lower risk of dying from all causes when compared to individuals who ate less than 3 servings of whole grains per day.

**Put it into practice!**

**Step 1**
Try new whole grain recipes on your menu to make eating whole grains fun and exciting for your students! Check out the recipe cards at [http://www.azed.gov/hns/nslp/uplift/feed1/](http://www.azed.gov/hns/nslp/uplift/feed1/) for ideas!

**Step 2**
Aim to offer at least 3 servings of whole grains each day to your students (one serving at breakfast, one serving at lunch, and one serving at snack or supper).

**Step 3**
Take the Whole Grain Pledge and commit to serve all whole grain-rich products to your students. Visit [http://www.azed.gov/hns/nslp/uplift/inspire/](http://www.azed.gov/hns/nslp/uplift/inspire/) to sign the pledge!

**Reference:**
Aune D, Keum N, Giovannucci E, et al. Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis of prospective studies. doi:10.1136/bmj.i2716