When trying to take in a diet high in fiber, consuming whole grains is a great start. Getting those whole grains can come in many forms, not just from brown rice and whole grain breads/cereals. This program will discuss the importance of whole grains, as well as many of the ancient grains and their health benefits. Participants will sample a tasty ancient grains recipe, learn and see what the different grains look like, and obtain recipes to prepare at home using these grains.

**Presenter:** Patty Wukitsch MS, RD, CDN

**WEDNESDAY, FEBRUARY 5**

**NOON—1:00 PM**

**CAFÉ CONFERENCE ROOM**

**To Register Contact:**
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu

**CALL 442-5483**
**OR REGISTER ONLINE**

http://www.albany.edu/eap/event_sign-up.htm