

HEALTHY LIVING CALIFORNIA	GRAINS
<ol> <li>During the past week, did you eat whole gr or whole grain products every day?</li> </ol>	ains □ Yes □ No
2. Within the next week, how often will you e whole grains or whole grain products?	Same as before  ☐ More often
Please share with us how this workshop will h	nelp you and your family: