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GREAT HARVEST HAS THE PERFECT RECIPE FOR A HEALTHIER 2009
RESOLVE TO EAT MORE LIFE-ENHANCING WHOLE GRAIN BREAD

Herndon, Va., Jan. 7, 2009 – Great Harvest Bread Co. in Herndon has the perfect New Year’s resolution: to weigh less, enjoy better health and live longer: resolve to eat more whole grains in 2009. The local bakery specializes in handmade, whole grain products, and, during the month of January, customers who purchase any gourmet soup mix will receive a half-dozen Honey Whole Wheat rolls free.

According to the U.S. Department of Agriculture, 64 percent of Americans are overweight and more than 30 percent are obese, which contributes to escalating cases of Type 2 Diabetes, heart disease and some forms of cancer. Whole grains, as part of a well- balanced diet and exercise, can help Americans improve their health and live longer. The U.S. Surgeon General encourages Americans to consume at least three servings of whole grains daily. Two slices of Great Harvest whole grain bread meet the daily requirement.

In “Eat, Drink and Be Healthy – the Harvard Medical School Guide to Healthy Living,” Dr. Walter Willett writes that complex carbs from whole grains are keystones to a healthy diet. He explains that our bodies take longer to digest complex, unrefined carbs, making us feel full longer and providing key nutrients.

“Great Harvest is known for providing the freshest whole grain breads in the neighborhood,” said owner Laurie Corkey. “Our process of milling whole grains daily ensures a rich taste and the full nutrition contained in the wheat kernel, such as protein, fiber, B-vitamins, folate, iron, zinc and magnesium. With increasing childhood obesity, Type 2 diabetes, and heart disease, we feel good about challenging individuals to adopt healthier eating habits in 2009,” added Corkey.

To try the best tasting bread around and kick start your new year’s resolutions, stop by the area’s whole grain headquarters at 785 Station St. in Herndon or call 703-471-4031.

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