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United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Whole Grains for Health

County: Date									
Gender (Circle one.)	Male		1	Female					
Race (Circle one.)	Black White Multi-Racial			American Indian or Alaskan Native Asian or Pacific Islander					
Ethnicity: Hispanic/Latino (No					
Please circle one rating for topic before and after the s		he staten	nents belo	ow that de	scribes yo	our u	nders	standinç	g about the
	Before Meeting			After Meeting					
My Understanding About:	Didn't Know	Knew a Little	Knew the Basics	Knew All About This	Don't Know		ow a	Know the Basics	All About
Why I should eat whole grains	1	2	3	4	1	2		3	4
How much whole grains I should eat	1	2	3	4	1	2		3	4
Different types of whole grains available	1	2	3	4	1	2		3	4
During the class, we talked	l about wl	nole grain	foods. W	/hich of the	e followin	g do	you (expect t	to do?
Skill					Currently Mai		ect to ce This nange	Don't Intend to Do This	
Try different types of whole grain foods.									
Substitute whole grains for refined grains I currently eat.									
Eat more whole grain foods.									
Have you changed your at	titude abc	out eating	whole gra	ains?					
Circle one:			Yes	No					
If yes, please specify:									

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