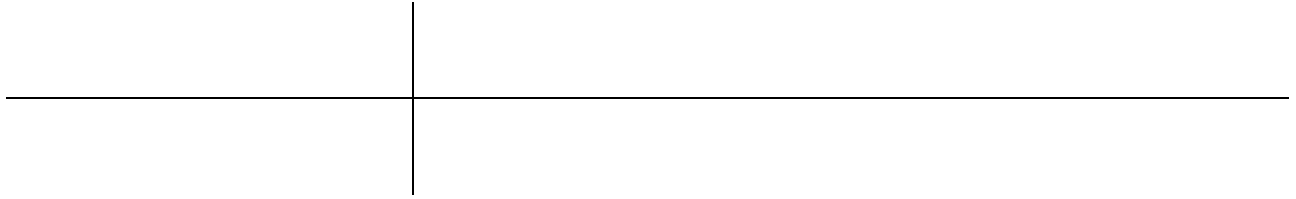




## *Whole-Grain Hacks*

*before*

*Whole-Grain Hacks*





*Whole-Grain Hacks*

*after*

*Whole-Grain Hacks*

*Whole-Grain Hacks*