Whole Grain Options
To add to your shopping cart

CEREAL

Quaker® Old Fashioned Oats

Cherrios® (GF)

Better Oats® Steel Cut Instant Oatmeal with Flax Seeds

Fiber One® Original Bran Cereal

BREAD

Pepperidge Farm® Whole Grain 15 Grain Bread

Festival's Sprouted Grain Bread

Ezekiel 4:9® Low Sodium Sprouted Whole Grain Bread

Brownberry® 100% Whole Wheat Sandwich Thins®

RICE

Uncle Ben's® Instant Brown Rice (GF)

Hodgson Mill® Quinoa & Brown Rice (GF)

Bird's Eye® Steamfresh® Brown Rice (GF)

Minute® Ready to Serve Whole Grain Brown Rice Cups (GF)

PASTA

Ronzoni® Healthy Harvest 100% Whole Grain Pasta

Essential Everyday® Whole Wheat Pasta

RiceSelect™ Whole Wheat Orzo

Barilla® Whole Grain Pasta

CRACKERS

Triscuit® Hint of Salt

Wheat Thins® Hint of Salt Crackers

EASY BREAKFAST

BelVita® Breakfast Biscuits

BAGELS

Thomas® Bagel Thins® 100% Whole Wheat

Pepperidge Farm® Whole Grain 100% Whole Wheat Bagels and Mini Bagels

MEALTIME MENTORS™
RESOURCES & RECIPES

ALL ABOUT WHOLE GRAINS

WHAT IS A WHOLE GRAIN?

A whole grain, literally, means the entire grain. It consists of all parts (bran, germ and endosperm) and naturally-occurring nutrients contained in its original form. Since they contain the nutrient-rich bran and germ, whole grains have more fiber, protein, vitamins and minerals compared to grains that are not whole.
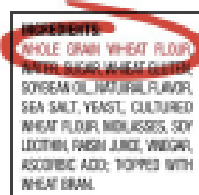

Endosperm
Bran
Germ
Grain Anatomy
WholeGrainsCouncil.Org
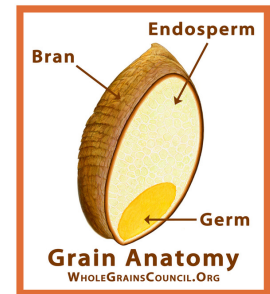
EXAMPLES OF WHOLE GRAINS

- Wheat
- Brown Rice
- Corn
- Oats
- Barley
- Rye
- Sorghum
- Quinoa
- Buckwheat

NUTRITION

Important nutrients found in whole grains include:

- Protein
- Carbohydrates
- Fiber
- B-Vitamins
- Iron
- Magnesium

HOW DO I FIND A WHOLE GRAIN?

1. Look for a whole grain stamp on the package.

2. Check the ingredients list. If the first ingredient lists a "whole grain" (like oats, barley and corn) or includes the word "whole" (like whole wheat), the product is a whole grain food.

Whole Grain Stamps
quickly and easily identify real whole grain products.

100% WHOLE GRAIN
16g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

WHOLE GRAIN
8g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

The 100% Stamp
- All grains are whole grains
- Contains a minimum of 16 grams of whole grain – check the number

The Basic Stamp
- May contain some extra bran, germ or refined flour
- Contains a minimum of 8 grams of whole grain – check the number

WHOLE GRAINS COUNCIL
AN OLDWAYS PROGRAM

Learn how the Whole Grains Council can help you close your whole grains gap at www.WholeGrainsCouncil.org

WORDS TO WATCH OUT FOR:

- "Made with whole wheat or whole grains"
- "Multigrain"
- "100% wheat"
- "Wheat bran"

**The front of a package may include one of these statements, but that doesn't mean it's a whole grain. Double-check the first ingredient to be sure!