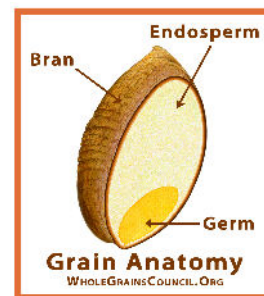


ALL ABOUT WHOLE GRAINS



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.

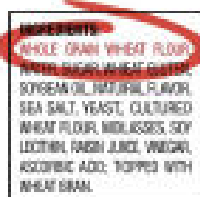


EXAMPLES OF WHOLE GRAINS

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

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.



NUTRITION

Important nutrients found in whole grains include:

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

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!

WHOLE GRAIN OPTIONS

to add to your shopping cart*

CEREAL



Quaker® Old Fashioned Oats



Cheerios® (GF)



Better Oats® Steel Cut Instant Oatmeal with Flax Seeds



Fiber One® Original Bran Cereal

BREAD



Pepperidge Farm® Whole Grain 15 Grain Bread



Sara Lee® 100% Whole Wheat Bread



Ezekiel 4:9® Low Sodium Sprouted Whole Grain Bread



Brownberry® 100% Whole Wheat Sandwich Thins®

RICE



Uncle Ben's® Instant Brown Rice (GF)



Near East® Quinoa & Brown Rice Blend



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



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



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



BelVita® Breakfast Biscuits



Thomas® 100% Whole Wheat Bagels



Bagels Forever® Whole Wheat Bagels

EASY BREAKFAST

BAGELS

*Availability may vary by store