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?

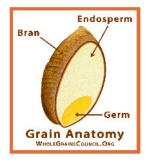
1. Look for a whole grain stamp on the package.



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. Doublecheck the first ingredient to be sure!

WHOLE GRAIN OPTIONS to add to your shopping cart*

CEREAL



Quaker[®] Old Fashioned Oats



Cheerios® (GF)

Cheerios



Better Oats® Steel Cut Instant Fiber One® Original Oatmeal with Flax Seeds **Bran Cereal**

RICE



Uncle Ben's® Instant Brown Rice (GF)



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

riscuit



Near East® Quinoa & **Brown Rice Blend**



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



Pepperidge Farm[®] Whole Grain 15 Grain Bread



Ezekiel 4:9[®] Low Sodium Sprouted Whole Grain Bread

BREAD



Sara Lee[®] 100% Whole Wheat Bread



Brownberry® 100% Whole Wheat Sandwich Thins®

PASTA







RiceSelect™ Whole Wheat Orzo



Essential Everyday® Whole Wheat Pasta



Barilla[®] Whole Grain Pasta



Triscuit[®] Hint of Salt Wheat Thins[®] Hint of Salt Crackers

CRACKERS



BelVita[®] Breakfast **Biscuits**



Thomas® 100% Whole Wheat Bagels



Bagels Forever[®] Whole Wheat Bagels



*Availability may vary by store

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