



The Whole Grain Scoop

Eating whole grains is important and sometimes it can be tricky. Here are some tips to know if you are actually eating whole-grain.

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

Brown rice

Bulgur

Graham flour

Oatmeal

Whole-grain corn

whole oats

whole rye

whole wheat

wild rice

Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Check out www.mypyramid.gov for additional information.

