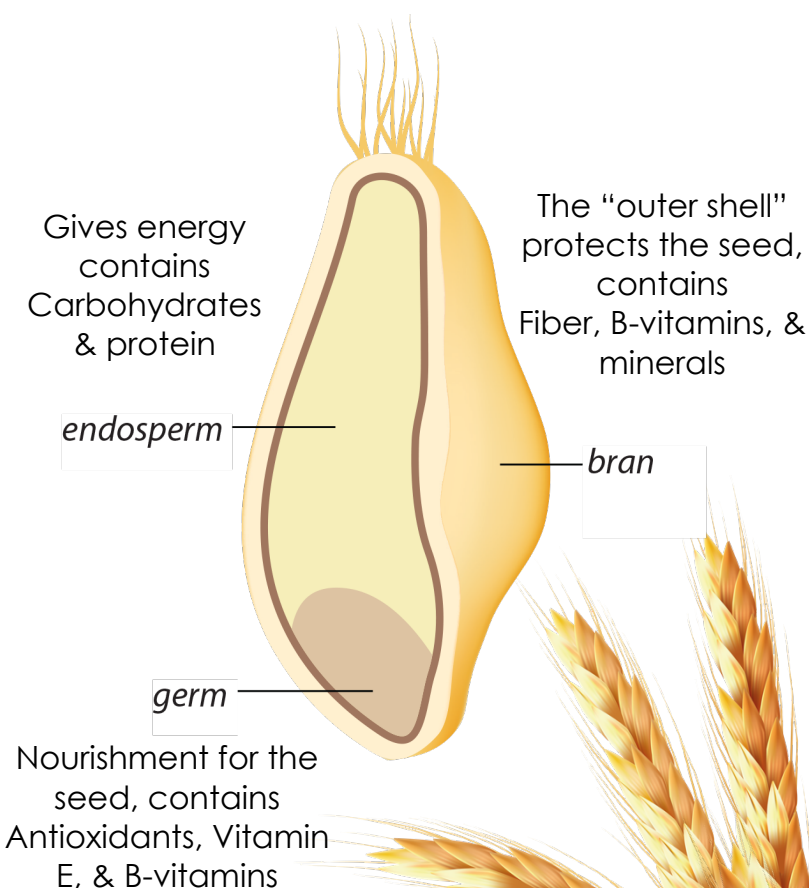


# GO FOR WHOLE GRAINS

## Make At Least Half of Your Grain Choices Whole

### Whole Grain Kernel



Adapted from the USDA

### Examples of Whole Grain Foods:

Brown Rice  
Buckwheat  
Bulgur Wheat  
Corn Tortillas  
Oatmeal  
Popcorn  
Quinoa  
Whole/Hulled Barley  
Whole Wheat Bread,  
Cereal, & Crackers  
Whole Wheat Pasta  
Wild Rice

### How to determine if a food product contains Whole Grains:

- Check the ingredient list on the back of the package to find the word "whole" listed with the grain name
- Look for the Whole Grain Council Stamp on the package:



### What counts as a serving of Whole Grains?

- 1 slice of bread
- 1 cup cereal
- ½ cup cooked rice, pasta, or cooked cereal
- 3 cups popcorn
- 1 tortilla