GO FOR WHOLE GRAINS
Make At Least Half of Your Grain Choices Whole

Whole Grain Kernel

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

Adapted from the USDA