

MAKE IT WHOLE!

Make at least half of your grains whole. **ALL** is best!



Whole grains are healthier than refined grains. They contain the entire seed which includes lots of nutrients like protein, dietary fiber, iron, and many B vitamins. The first ingredient should include “whole”, as in “whole wheat flour”. Words like “multi-grain” or “wheat” do not mean it is a whole grain.

WATCH FOR THESE WORDS!



These words describe **whole grains**. That means you get **ALL** the nutrition!

Whole grain [name of grain], whole wheat, whole [other grain], stoneground whole [grain], brown rice, wheatberries, oats, oatmeal (including old-fashioned oatmeal and instant oatmeal)

These words describe **partial grains**. That means you might be missing the benefits of whole grains: wheat or wheat flour, semolina, durum wheat, organic flour, stoneground, multi-grain (may describe several whole grains or several refined grains, or a mix of both)

These words **never** describe whole grains: enriched flour, degerminated (corn meal), bran, wheat germ

For more, visit **WholeGrainsCouncil.org**

