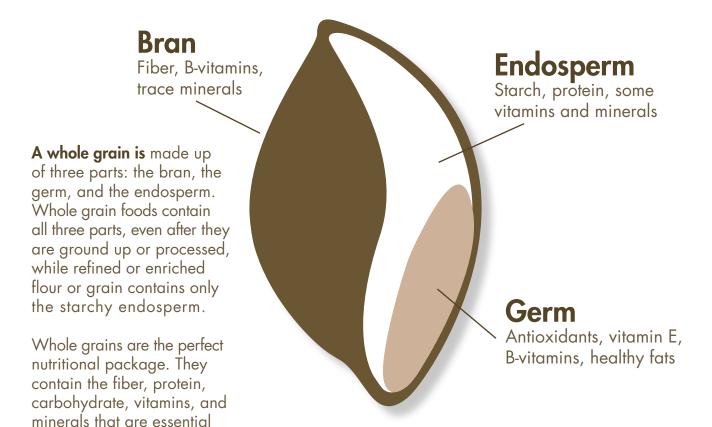
What Is a Whole Grain?



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

for good health.

Barley Oatmeal, oats
Brown rice Wheatberries
Buckwheat Whole oats
Bulgur Whole rye
Corn Whole wheat
Cracked wheat Wild rice

Foods labeled with the following words are usually **not** whole-grain products:

Multi-grain Bran
Stone-ground Enriched flour
100% wheat Wheat germ
Seven-grain



