

# Whole grains make a difference.

Whole-grain foods help keep your heart healthy and are good for digestion and a healthy weight. Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or check the ingredient list to see if the word “**whole**” is before the first ingredient listed (for example, *whole* wheat flour). If it is, it’s whole-grain.



## How to Tell If It Is a Whole Grain?

Some foods that seem to be whole grains may not be, it’s important to know what to look for. Here are some tips that work:

- **Choose foods that are naturally whole grains**

Some foods are always whole grains, like oatmeal, brown rice, wild rice and popcorn.

- **Check the information on the package**

Buy bread, cereal, tortillas, and pasta with “100% Whole Grain” or “100% Whole Wheat” on the package.

Foods with the following words on the label are usually *not* 100% whole-grain products.

- |                        |                          |
|------------------------|--------------------------|
| ✓ 100% wheat           | ✓ Cracked wheat          |
| ✓ Multi-grain          | ✓ Made with whole grains |
| ✓ Contains whole grain | ✓ Made with whole wheat  |
| ✓ 7 grains             | ✓ Bran                   |

- **Check the ingredient list:** Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients include:

- ✓ brown rice
- ✓ buckwheat
- ✓ bulgur
- ✓ graham flour
- ✓ oatmeal
- ✓ quinoa
- ✓ rolled oats
- ✓ whole-grain barley
- ✓ whole-grain corn
- ✓ whole oats
- ✓ whole rye
- ✓ whole wheat
- ✓ wild rice



- **Colors can be misleading.** Foods like breads, pasta, rice, and tortillas that are dark in color may not be 100% whole-grain foods. And, some lighter color grain foods may be 100% whole-grain foods, such as “100% White Whole Wheat” bread. To make sure a food is a whole-grain food, check the ingredients using the tips above.

### Give it Try!

Can you tell which food is a whole-grain food based on the ingredients? Look for the word “whole” before the first ingredient.

A)	<b>Bread</b> Ingredients: Wheat Flour, Malted Barley Flour, Niacin, Iron, Riboflavin, Folic Acid
B)	<b>Tortilla</b> Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Corn, Starch, Wheat Starch
C)	<b>Dry Cereal</b> Ingredients: Whole Corn Meal, Whole Grain Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar
D)	<b>Cracker</b> Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt
E)	<b>Roll</b> Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt, Barley, Rye

*Answer: b, c and d are whole grains because they list 'whole' grains.*