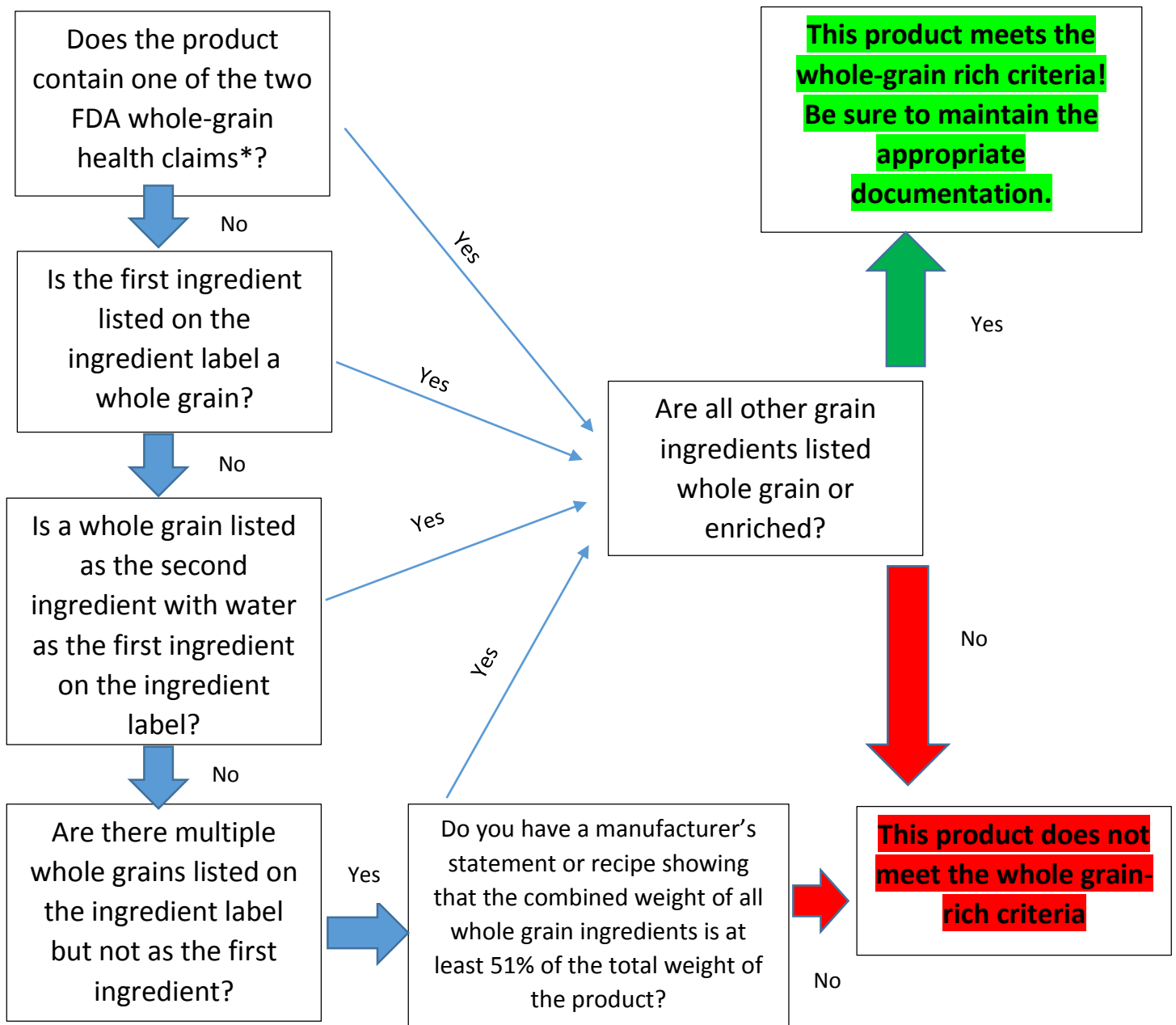


How Do I Know if a Product Meets Whole Grain-Rich Criteria?

There are many foods labeled as whole grain, such as pizza crusts, buns, breads, tortillas, and other products. The chart below will assist you in determining if your whole-grain product meets the criteria.



*FDA approved whole-grain health claims on food packaging are as follows: "Diets rich in whole grain foods and other plant foods and low in saturate fat and cholesterol, may help reduce the risk of heart disease" OR "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Identifying Whole Grains

When looking for whole grain-rich foods, there are some key terms to remember to ensure you purchase just what you need.

- The word whole listed before a grain, for example, whole corn.
- The words berries and groats are also used to designate whole grains, for example, wheat berries, or oat groats.
- Rolled oats and oatmeal (including old-fashioned, quick-cooking and instant oatmeal)

| Whole Grains | NON-Whole Grains |
|--|--|
| <ul style="list-style-type: none"> • Amaranth • Cracked Wheat • Crushed Wheat • Whole Wheat Flour • Graham Flour • Entire-Wheat Flour • Bromated Whole Wheat Flour • Millet Flakes • Whole Durum Wheat Flour • Quinoa • Brown Rice, Wild Rice • Bulgur • Whole Grain Barley • Whole Specialty Grains • Whole Wheat Pasta, such as Macaroni, Spaghetti, Vermicelli or Whole Grain Noodles • Soba Noodles (with whole buckwheat flour as primary ingredient) | <ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn Grits • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Instantized Flour • Long-Grain White Rice • Pearled (also called pearl) Barley • Phosphated Flour • Rice Flour • Self-Rising Wheat Flour • Unbleached Flour • White Flour |