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
  ✓ Multi-grain
  ✓ Contains whole grain
  ✓ 7 grains
  ✓ Cracked wheat
  ✓ Made with whole grains
  ✓ Made with whole wheat
  ✓ 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.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| A) | **Bread**  
Ingredients: Wheat Flour, Malted Barley Flour, Niacin, Iron, Riboflavin, Folic Acid |
| B) | **Tortilla**  
Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Corn, Starch, Wheat Starch |
| C) | **Dry Cereal**  
Ingredients: Whole Corn Meal, Whole Grain Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar |
| D) | **Cracker**  
Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt |
| E) | **Roll**  
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.