Make Half Your Grains Whole!

The FIRST ingredient on a whole grain food label must be:

- Brown rice
- Buckwheat
- Bulgar
- Millet
- Oatmeal
- Quinoa
- Rolled Oats
- Whole-grain corn
- Whole-grain sorghum
- Whole-grain triticale
- Whole oats
- Whole rye
- Whole wheat
- Wild Rice

A brown color does not mean the food is whole grain!

How do I know if a grain is whole?

ACTIVITY
Which bread label is a whole grain choice?

- X
- *

SWITCH to whole grains instead of white. Serve brown rice, whole wheat pasta, and whole wheat bread.

When baking, substitute whole wheat, oat, or buckwheat flour for half the white flour.

Look in this pocket to find stories from families who made healthy changes!

Look in this pocket to find handouts and recipes on whole grains!