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.

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**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.

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<table>
<thead>
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<tbody>
<tr>
<td>A) Bread</td>
<td>Ingredients: Wheat Flour, Malted Barley Flour, Niacin, Iron, Riboflavin, Folic Acid</td>
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<tr>
<td>B) Tortilla</td>
<td>Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Corn, Starch, Wheat Starch</td>
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<tr>
<td>C) Dry Cereal</td>
<td>Ingredients: Whole Corn Meal, Whole Grain Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar</td>
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<tr>
<td>D) Cracker</td>
<td>Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt</td>
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<tr>
<td>E) Roll</td>
<td>Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt, Barley, Rye</td>
<td></td>
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</tbody>
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*Answer: b, c and d are whole grains because they list ‘whole’ grains.*