

# Whole Grains

A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the “whole grain health claim” to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: “cracked,” “crushed,” “whole,” “entire,” or “groats.” Examples of whole grain ingredients are:

Whole/entire wheat flour	Whole grain barley (hulled or lightly pearled)
Whole oats/oatmeal	Wild rice
Cracked/crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgur
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown rice	Spelt
Whole rye	

Generally, if the first ingredient is “fortified” or “enriched,” it is probably not a whole grain. These items are generally *not* whole grains:

Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains)

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

