

How to spot real whole grains

Want to curb your risk of cancer and other diseases?
Eating whole grains can help.



Use this list to choose real whole grains the next time you're at the grocery store.

Not whole grains

These ingredients are commonly mistaken for whole grains:

- Multigrain
- Stone-ground
- 100% wheat
- Cracked wheat
- Seven-grain
- Bran*

* Although bran isn't a whole grain, it's an excellent source of fiber. So, get your fill of bran, but don't let it take the place of whole grains.

Verified whole grains

These ingredients are the real deal:

- Brown rice
- Buckwheat
- Bulgur
- Millet
- Cornmeal
- Oatmeal
- Quinoa
- Rolled oats
- Tabouleh
- Whole grain barley
- Whole grain corn
- Whole grain sorghum
- Whole grain triticale
- Whole oats
- Whole rye
- Whole wheat
- Wild rice

Try to make
at least half the
grains you eat
whole grains.



Choose foods that feature the
100% Whole Grain Stamp.

