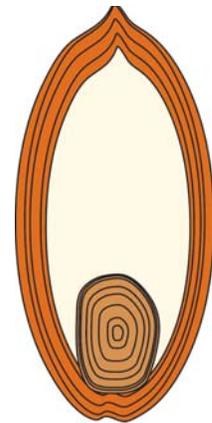


# How to Buy Whole Grains



## How do I know if a product is a whole grain?

Use this easy checklist to determine if a product is really made from whole grain(s):

- **Package claim** - Does the package say *100% Whole Wheat Bread*? Or *100% Whole Grain*? Don't be misled by claims that hint being wholesome but are not whole grain, e.g., 100% Stone Ground, Multigrain, Whole Wheat, Honey Wheat, Wheat Bread, etc.
- **Fiber content** - The fiber per serving for a whole-grain food should be at least two grams.
- **Ingredients** - Check ingredient lists. The first item should always be a whole grain such as whole wheat, whole rye, whole corn, oats, or brown rice.

Foods that contain at least 51 percent whole grains may make a claim about that food's role in reducing the risk of heart disease and cancer. The specific claim may state, "Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers."

## What are some common whole-grain foods I can find in my grocery store?

- amaranth
- barley (hulled)
- brown rice—comes in long grain, short grain and instant
- buckwheat groats—these are also called kasha
- bulgur
- corn
- millet
- oatmeal
- popcorn
- quinoa
- rye bread, crackers (whole)
- whole-wheat bread (100 percent)
- whole-wheat cereal, crackers
- whole-wheat pasta

## I want to eat more whole grains. How do I get started?

Start with breakfast. Choose whole grain cereals with no added sugar. A few examples include: oatmeal, Shredded Wheat®, Cheerios®, Total® and Wheaties®.

Next, go whole grain for lunch. Be sure you use a 100 percent whole-wheat bread or pita pocket. Fill it with lots of fresh veggies and a lean cut of turkey or lowfat tuna salad. Consider having a lowfat whole-grain cracker such as Wasa brand. You can serve that with a lowfat tuna salad on lettuce or a vegetable soup.

Whole grain is easy for dinner, too. Purchase brown rice or whole-wheat pasta. Lots of veggies and a thick sauce will camouflage the darker color of the whole-grain pasta.

Exotic whole grains can be fun to experiment with, too. Check out the grain or health food section of your grocery store or visit a whole foods market in your area. Choose amaranth, bulgur, millet, teff or quinoa. Follow recipes on packages or do a search on the Internet for more ideas.

## Whole Grain Starter List

Are you new to the idea of whole grains? If so, here is a simple list to help you get started:

- Whole grain cereals: Oatmeal, Shredded Wheat®, Cheerios®, Total®, Wheaties® or other no-sugar-added, whole-grain cereal.
- Brown rice—Buy long grain brown rice or, for a time saver, consider instant brown rice.
- Popcorn—Use air popped.
- Whole-wheat pasta—Small shapes cook best.
- Whole-grain crackers—e.g., WASA brand.
- 100 percent whole-wheat bread or pita pockets.