

Whole Grains

What is a whole grain, anyway?

- **WHOLE GRAINS** have all of their parts intact (bran, endosperm, and germ).
- In **REFINED GRAINS**, the bran and germ have been removed.

Why whole grains?

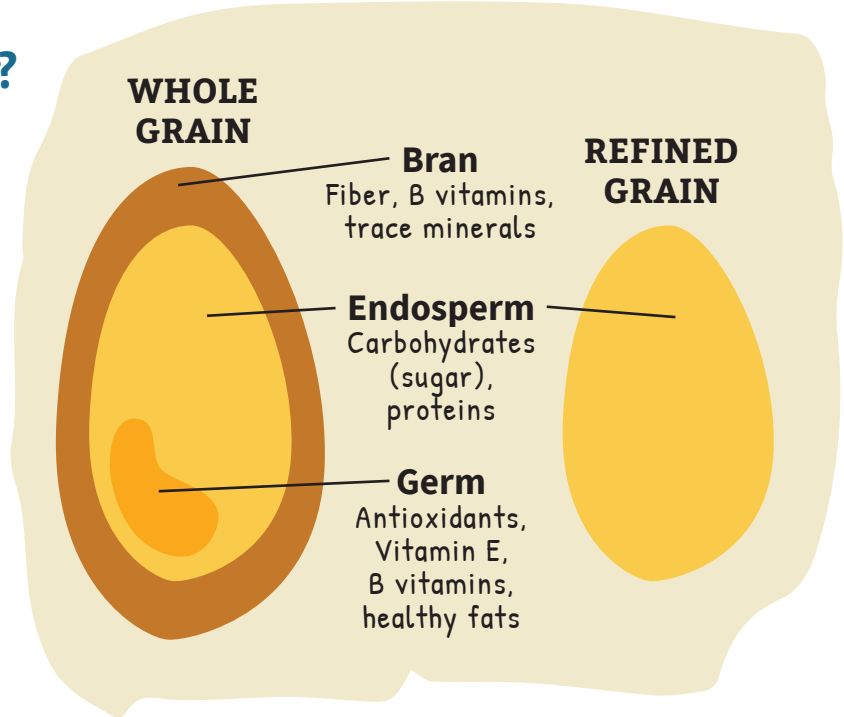
They contain fiber, vitamins, minerals, and antioxidants. Fiber helps us feel more full, regulates our blood sugar, feeds our gut bacteria, and keeps us regular.

INGREDIENTS: Whole Wheat Flour, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran

Always look for **WHOLE GRAINS** in the first ingredient:

- “Whole” + name of grain (like wheat, rye, or oats)
 - “Whole grain name” + ingredient type (like barley flour or cornmeal)
- Some grain names:**
- Bulgur
 - Buckwheat
 - Millet
 - Oatmeal
 - Quinoa
 - Brown rice
 - Corn

TIP: The only way to know if a product is actually whole grain is if a whole grain is listed as the first ingredient.



Don't be fooled!

Don't be fooled by the other ingredients!

Any whole grains listed after the first ingredient may only be a very small part of the product.

Don't be fooled by what it looks like!

Just because it's brown or has grains sprinkled on top doesn't mean it's a whole grain.

Don't be fooled by the name!

Just because it says “wheat” or “multigrain” in the name doesn't mean it's a whole grain.

Some whole grains look like this...



...and some refined grains look like this!

