



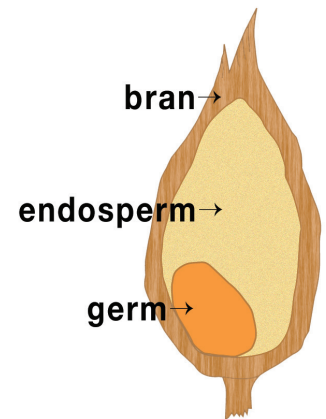
## Whole Grains Defined

Whole grains play a role in a healthy diet, helping to fuel our bodies and brains. Studies show that eating whole grains instead of refined grains can lower the risk of many chronic diseases, and switching to whole grains also can help with weight control. Benefits kick in with even one serving (16g), but aim for three or more servings daily for best health results.

### WHAT EXACTLY IS A WHOLE GRAIN?

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver the same rich balance of nutrients that are found in the original grain seed.

This means that 100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain. These three parts - the outer bran layer rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm, each bring something nutritious and delicious to the table. When you eat the “whole” grain you’re enjoying a good for you food.



### REFINED GRAINS

If the bran and germ (the healthiest parts) are removed, the grain is said to be refined. Refined grains are missing about two-thirds of many essential nutrients. Some grains are then enriched, but this only returns about five the missing nutrients.

### HOW TO IDENTIFY A WHOLE GRAIN

An easy way to distinguish whole grain products is to look for the **Whole Grain Stamp** on the package (shown here). The basic stamp guarantees you’re getting at least half a serving (8g) or more of whole grain. And if you see 100% Stamp, you’ll know that all the grain ingredients in the package are whole grains.

If you don’t see the stamp on the package, check the ingredient list. Whole grains, such as those in the list below, will appear near the top.



- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Whole wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum, and forms such as bulgur, cracked wheat, and wheat berries
- Wild rice