



Will the Real Whole Grains Please Stand Up?

Many products containing significant amounts of whole grains now sport the Whole Grain Stamp. But what if a product doesn't? Then you need to decipher the ingredient list, and this chart can help.

Words you may see on packages

What they mean



- whole grain [name of grain]
- whole wheat
- whole [name of grain]
- brown rice, wild rice
- oats, oatmeal
- wheat berries, rye berries
- bulgur

Yes!

These are all whole grains, containing all three edible parts of the grain (the bran, the germ, and endosperm, in their original proportions) so you're getting all the goodness and nutrients of whole grains.



- wheat or wheat flour
- semolina
- organic flour
- stoneground
- grits
- polenta
- couscous
- multigrain (may describe several whole grains, or several refined grains, or a mix of both)

Caution!

These words are accurate descriptions of the package contents, but because some parts of the grain may be missing, you are likely losing out on the benefits of whole grains. Don't trust any of these words unless you also see the word "whole."



- enriched flour, all-purpose flour
- degerminated (on corn meal)
- bran
- wheat germ
- pearl barley

No!

These words never describe whole grains.