Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Some Examples of Whole Grains:
- brown rice
- buckwheat
- bulgur (cracked wheat)
- oatmeal
- popcorn
- whole-wheat cereal
- muesli
- whole-grain barley
- whole-grain cornmeal
- whole rye
- whole-wheat bread
- whole-wheat crackers
- whole-wheat pasta
- whole-wheat sandwich buns and rolls
- whole-wheat tortillas
- wild rice
- whole cornmeal
- shredded wheat cereal

Whole Grain Tips—Check the ones you already do:
- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word “whole” listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

Adapted from Team Up At Home Team Nutrition Activity Book