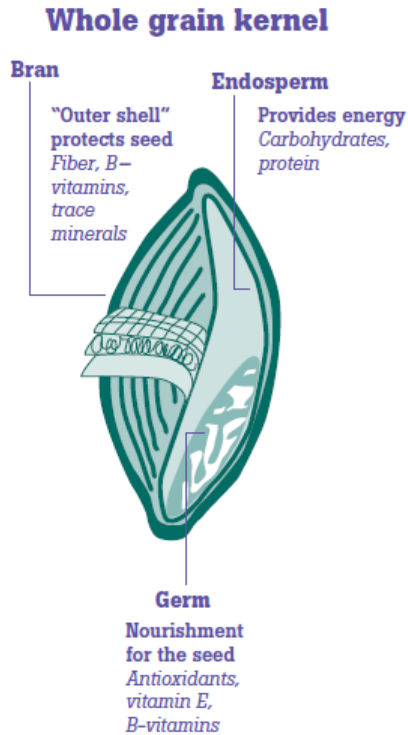






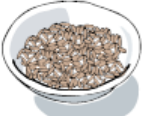


# Make Half of Your Grains Whole

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.