

# Make Half Your Grains Whole!

**How do I know if a grain is whole?**



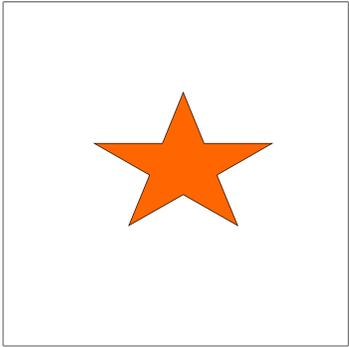
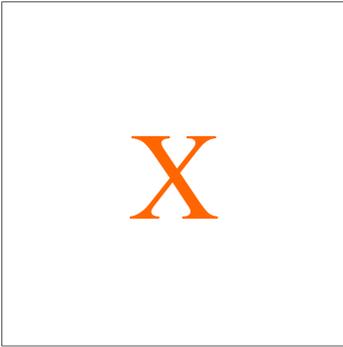
**The FIRST ingredient on a whole grain food label must be:**

<b>Brown rice</b>	<b>Whole-grain corn</b>
<b>Buckwheat</b>	<b>Whole-grain sorghum</b>
<b>Bulgur</b>	<b>Whole-grain triticale</b>
<b>Millet</b>	<b>Whole oats</b>
<b>Oatmeal</b>	<b>Whole rye</b>
<b>Quinoa</b>	<b>Whole wheat</b>
<b>Rolled Oats</b>	<b>Wild Rice</b>



**A brown color does not mean the food is whole grain!**

**ACTIVITY**  
**Which bread label is a whole grain choice?**



**When baking, substitute whole wheat, oat, or buckwheat flour for half the white flour.**



**Look in this pocket to find stories from families who made healthy changes!**

**SWITCH to whole grains instead of white. Serve brown rice, whole wheat pasta, and whole wheat bread.**



**Look in this pocket to find handouts and recipes on whole grains!**