

Identifying Whole Grains

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

When looking for whole grain-rich foods, there are some key terms to remember to ensure you purchase just what you need.

- The word whole listed before a grain, for example, whole corn.
- The words berries and groats are also used to designate whole grains, for example, wheat berries, or oat groats.
- Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal).

Whole Grains	NOT Whole Grains
<ul style="list-style-type: none"> • Amaranth • Cracked Wheat • Crushed Wheat • Whole Wheat Flour • Graham Flour • Entire-Wheat Flour • Bromated Whole Wheat Flour • Millet Flakes • Whole Durum Wheat Flour • Quinoa • Brown Rice, Wild Rice • Bulgur • Whole Grain Barley • Whole Specialty Grains • Whole Wheat Pasta, such as Macaroni, Spaghetti, Vermicelli, or Whole Grain Noodles • Soba Noodles (with whole buckwheat flour as primary ingredient) 	<ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn Grits • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Instantized Flour • Long-Grain White Rice • Pearled (also called pearl) Barley • Phosphated Flour • Rice Flour • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • White Flour