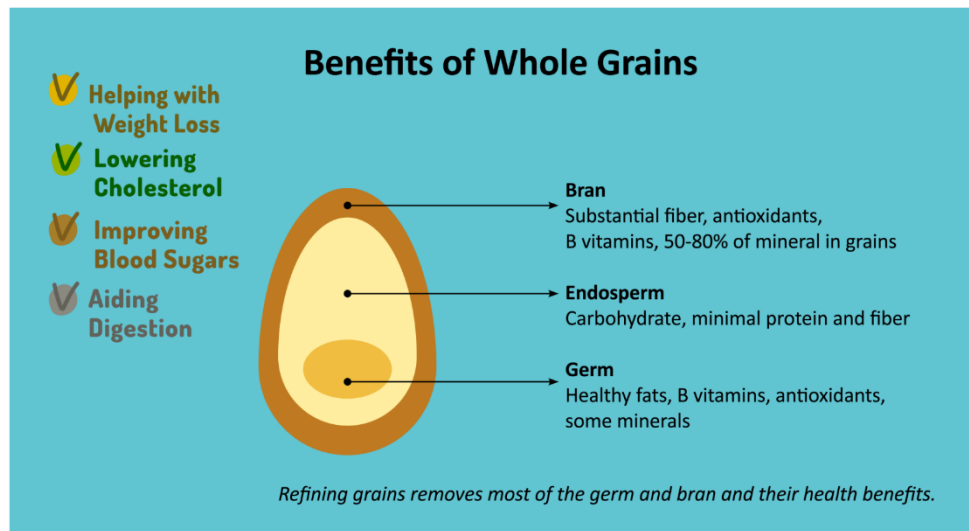




Whole Grains



Definition and List of Whole Grains

Whole grains or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

The following, when consumed in a form including the bran, germ, and endosperm, are examples of generally accepted whole grain foods and flours.

- Barley
- Corn, including whole cornmeal and popcorn
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice, wild rice
- Rye
- Whole wheat couscous
- Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum and forms such as bulgur, cracked wheat and wheatberries

Oilseeds and legumes (such as flax, sunflower seeds, soy, chickpeas, etc.) are not considered whole grains.

Source: <https://wholegrainscouncil.org/sites/default/files/atoms/files/WGC-WholeGrainsAtoZ2017.pdf>

