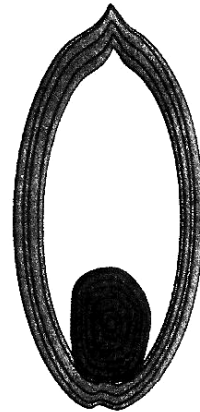


How to Buy Whole Grains



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

Use this easy checklist to determine if a product is really made from whole grain(s):

- **Package claim** - Does the package say *100% Whole Wheat Bread?* Or *100% Whole Grain?* Don't be misled by claims that hint being wholesome but are not whole grain, e.g., *100% Stone Ground, Multigrain, Whole Wheat, Honey Wheat, Wheat Bread,* etc.
- **Fiber content** - The fiber per serving for a whole-grain food should be at least two grams.
- **Ingredients** - Check ingredient lists. The first item should always be a whole grain such as whole wheat, whole rye, whole corn, oats, or brown rice.

Foods that contain at least 51 percent whole grains can now make a claim about that food's role in reducing the risk of heart disease and cancer. The specific claim can state, "Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers." This claim went into effect in July 1999.

What are some common whole-grain foods I can find in my grocery store?

- amaranth
- barley (hulled)
- brown rice—comes in long grain, short grain and instant
- buckwheat groats—these are also called kasha
- bulgur
- corn
- millet
- oatmeal
- popcorn
- quinoa
- rye bread, crackers (whole)
- whole-wheat bread (100 percent)
- whole-wheat cereal, crackers
- whole-wheat pasta

I want to eat more whole grains. How do I get started?

Start with breakfast. Choose whole grain cereals with no added sugar. A few examples include: oatmeal, Shredded Wheat®, Cheerios®, Total® and Wheaties®.

Next, go whole grain for lunch. Be sure you use a 100 percent whole-wheat bread or pita pocket. Fill it with lots of fresh veggies and a lean cut of turkey or lowfat tuna salad. Consider having a lowfat whole-grain cracker such as Wasa brand. You can serve that with a lowfat tuna salad on lettuce or a vegetable soup.

Whole grain is easy for dinner, too. Purchase brown rice or whole-wheat pasta. Lots of veggies and a thick sauce will camouflage the darker color of the whole-grain pasta.

Exotic whole grains can be fun to experiment with, too. Check out the grain or health food section of your grocery store or visit a whole foods market in your area. Choose amaranth, bulgur, millet, teff or quinoa. Follow recipes on packages or do a search on the Internet for more ideas.

Whole Grain Starter List

Are you new to the idea of whole grains? If so, here is a simple list to help you get started:

- Whole grain cereals: Oatmeal, Shredded Wheat®, Cheerios®, Total®, Wheaties® or other no-sugar-added, whole-grain cereal.
- Brown rice—Buy long grain brown rice or, for a time saver, consider instant brown rice.
- Popcorn—Use air popped.
- Whole-wheat pasta—Small shapes are best.
- Whole-grain crackers—e.g., WASA brand.
- 100 percent whole-wheat bread or pita pockets.