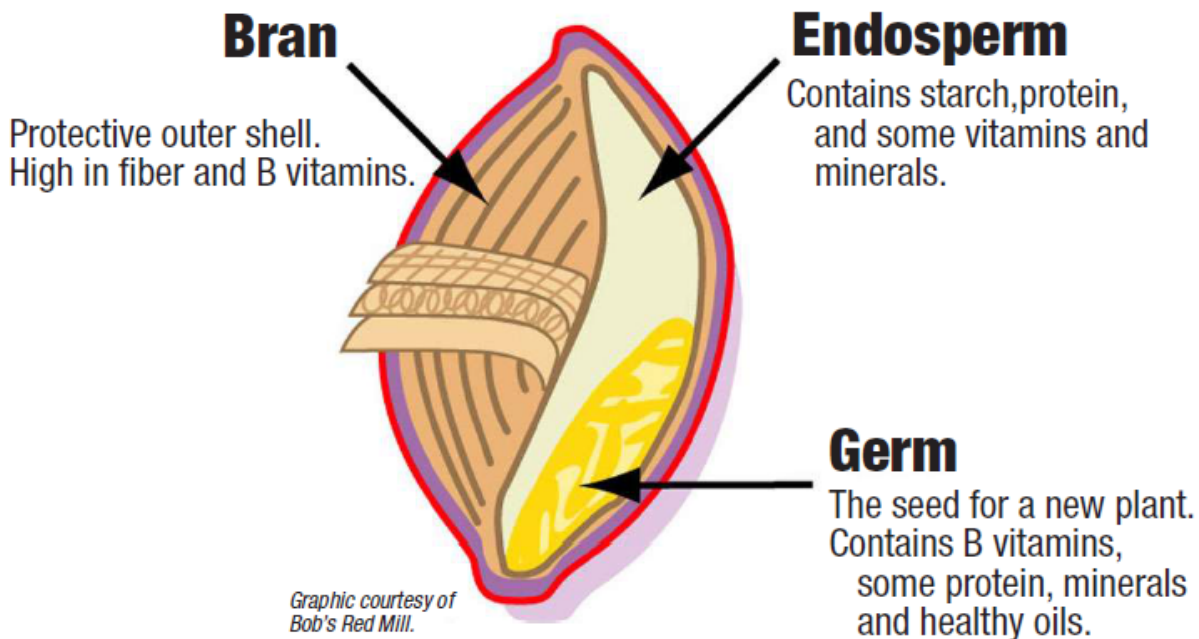


# What is a Whole Grain?



All grains, when they grow in the field, have three parts: the bran, germ and endosperm, as shown in the illustration here. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. Enriched ("white") flour contains only the endosperm, while whole grain flour contains extra protein, fiber, vitamins and minerals that are found only in the bran and germ. All three parts are important!

The following are considered whole grains, when all three parts – the bran, germ, and endosperm – are included:

Amaranth, Barley (lightly pearled), Brown and Colored Rice, Buckwheat, Bulgur, Corn and Whole Cornmeal, Emmer, Farro, Grano (lightly pearled wheat), Kamut® grain, Millet, Oatmeal and Whole Oats, Popcorn, Quinoa, Sorghum, Spelt, Triticale, Whole Rye, Whole or Cracked Wheat, Wheat Berries, and Wild Rice.

# Whole Grains & Refined Grains Chart

Whole Grains			
Oatmeal or Steel Cut Oats	Buckwheat Groats	Whole Wheat or Whole Grain Bread	Whole Wheat Pasta
Bulgur (cracked wheat)	Whole Wheat Flour	Wild or Brown Rice	Popcorn
Whole Wheat Buns or Rolls	Whole Grain Barley	Whole Wheat Tortillas	Quinoa
Whole Wheat Couscous	Whole Grain Tortilla Chips	Whole Grain Flour	Whole Wheat Pizza Crust
Refined Grains			
Wheat Flour	Enriched Wheat/White Flour	Most ready-to-eat Cereals	Enriched white flour
White Bread	White Buns or Rolls	Grits	White Pasta or Macaroni
Pretzels and Chips	Pancakes	Pizza Crust	Cornbread
Cakes and Pies	Packaged Cookies	White Rice	Biscuits



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