

# What to Look for When Shopping for Whole Grains

Words You May See on Packages	What They Mean
Whole grain [ <i>name of grain</i> ] Whole wheat Whole [ <i>other grain</i> ] Stone-ground whole [ <i>name of grain</i> ] Brown or wild rice Oats or oatmeal Wheat berries Organic whole grain [ <i>name of grain</i> ]	<b>YES.</b> All of these are <b>whole grains</b> .  They contain <b>all parts</b> of the grain, so you're getting all of the nutrients of the whole grain.
Wheat or wheat flour Semolina Durum wheat Organic flour Stone-ground Multigrain (can describe any mix of grains, whole or refined)	<b>MAYBE.</b> These <b>may or may not</b> be whole grains.  They are accurate descriptions of the package's contents, but they <b>do not ensure all parts</b> of the grain are included.
Enriched flour Degerminated Bran Wheat germ	<b>NO.</b> These words <b>never</b> describe whole grains.



Source: The Whole Grains Council.



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