

Whole Grains Reference Sheet

Use this sheet as a reference for replacing the grains you typically eat with a whole grain variety. Be creative and think about what other foods (fruits, vegetables, etc.) you could combine with these grains to make a meal, or ways to incorporate one of these grain foods into a dish you want to make.

 Whole wheat/whole grain bread	 Millet
 Whole grain or whole wheat spaghetti	 Amaranth
 Quinoa	 Whole grain cornmeal
 Whole wheat couscous	 Whole rye
 Oatmeal	 Whole grain macaroni or pasta
 Whole wheat/whole grain crackers	 Bulgur (cracked wheat)
 Brown rice	 Buckwheat
 Whole wheat sandwich bun/roll	 Muesli (cereal)
 Whole kernel corn or popcorn	 Whole grain barley
 Whole wheat/whole grain tortillas	 Whole grain cereal
 Whole grain English muffin	 Wild Rice

Source: The Whole Grains Council, www.wholegrainscouncil.org



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