

The Grain Game

Whole Grain: Contains 100% of the whole kernel- bran, germ, endosperm (innermost part)

Whole Wheat: is just one type of whole grain, which could instead be oatmeal, millet, brown rice, barley, buckwheat, corn, quinoa or rye to name a few. AND a whole wheat product can have a mixture and have different nutritional values.

Multigrain just means there are a few different grains in the product, but that does not necessarily mean any of them are whole grain. Same applies to **Seven-grains**. Consumers should choose anything that says whole grain. Read labels carefully. Something that says “**made with whole grain**” usually means made with very little. **Look for 100% whole grain** or if the first ingredient is *whole wheat flour*. If it says wheat flour that means it is refined flour, not whole wheat. Consumers need to be familiar with which grains are whole grains and look for those as ingredients. The Whole Grain Council also has a stamp that they put on whole grain products, so people can look for that whole grain stamp on the packages of whole grain products.

Refined grains: contain only part of the kernels’ innermost part.

Fortified: Products contain added nutrients that weren’t part of the original product.

Enriched: Some of the original nutrients lost in processing are added back in.

BOTTOM LINE: Eat at least three one ounce (28 grams) of whole wheat daily as part of your balanced diet.