





The Scoop on Grains






Whole grains

-  Brown rice
-  Buckwheat
-  Bulgur (cracked wheat)
-  Oatmeal
-  Popcorn
-  Whole grain barley
-  Whole grain cornmeal
-  Whole rye
-  Whole wheat bread
-  Whole wheat crackers
-  Whole wheat pasta
-  Whole wheat sandwich buns and rolls
-  Whole wheat tortillas
-  Wild rice













Ready-to-eat breakfast cereals:

-  Whole wheat cereal flakes
-  Muesli

Less common whole grains:

-  Amaranth
-  Millet
-  Quinoa
-  Sorghum
-  Triticale


Refined grains

-  Cornbread *
-  Corn tortillas *
-  Couscous *
-  Crackers *
-  Flour tortillas *
-  Grits *
-  Noodles *
-  Pitas *
-  Pretzels
-  White bread
-  White sandwich buns and rolls
-  White rice

Pasta: *

-  Spaghetti
-  Macaroni

Ready-to-eat breakfast cereals

-  Corn flakes

* Most of these products are made from refined grains. Some are made from whole grains. Check the ingredient list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains.

Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone (e.g., oat bran) are not necessarily whole grain products.

Source: www.mypyramid.gov