








# WHOLE GRAIN CHECKLIST








You'll find whole grains in a wide range of products offering something for everyone. Look for them in ready-to-eat cereal, whole grain white bread, instant brown rice and whole grain pasta. Add a few of these products to your cart on each shopping trip. The Whole Grain Stamp makes it easy to recognize the nutrition you deserve.



## BREAD AISLE

-  **Nature's Harvest® bread**  
(All products are baked with at least 8 grams of whole grain per serving)
-  **Whole grain bagels**
-  **Whole wheat English muffins**
-  **Whole grain hamburger buns**
-  **Whole grain pizza crust**
-  **Whole wheat and corn tortillas**







## BREAKFAST FOODS AND CEREAL AISLE

-  **Whole grain pancake mix**
-  **Whole wheat waffle mix**
-  **Steel cut oats**
-  **Oatmeal (Instant, quick or regular)**
-  **Whole wheat, whole rice or whole corn cereal**
-  **Granola made with whole oats**
-  **Cream of wheat made with whole wheat**

## GRAINS AND SIDE DISHES

-  **Brown Rice**
-  **Wild, Black or Red Rice**
-  **Whole Grain Pasta**
-  **Whole Corn Bread Mix**
-  **Bulgur Pilaf**
-  **Quinoa**
-  **Whole Spelt**
-  **Millet**

## SNACKS

-  **Popcorn**
-  **Whole Corn Tortilla Chips**
-  **Whole grain crackers**
-  **Whole grain pretzels**
-  **Whole grain granola bars**
-  **Oatmeal cookies**

