List of Common Whole Grains

While this list is extensive, it is NOT comprehensive and therefore may not contain all possible representations of whole grain ingredient names on food labels.

WHEAT (RED) - the most common
Kind of wheat in the U.S.
- wheat berries
- whole grain wheat
- cracked wheat or crushed wheat
- whole wheat flour
- bromated whole wheat flour
- stone ground whole wheat flour
- toasted crushed whole wheat
- whole wheat pastry flour
- graham flour
- entire wheat flour
- whole durum flour
- whole durum wheat flour
- whole wheat flakes
- sprouted wheat
- sprouted wheat berries
- bulgur (cracked wheat)
- whole bulgur
- whole grain bulgur

BARLEY
- whole barley
- whole grain barley
- whole barley flakes
- whole barley flour
- whole grain barley flour
- dehulled barley and barley flour

WHEAT (WHITE)
- whole white wheat
- whole white wheat flour

OATS
- whole oats
- oat groats
- oatmeal or rolled oats
- whole oat flour

CORN
- whole corn
- whole corn flour
- whole grain corn flour
- whole grain cornmeal
- whole cornmeal
- whole grain grits

BROWN RICE
- brown rice
- brown rice flour

WILD RICE
- wild rice
- wild rice flour

RYE
- whole rye
- rye berries
- whole rye flour
- whole rye flakes

LESS COMMON GRAINS: to be whole grains, “whole” must be listed before the grain name.
- einkorn
- kamut*
- emmer (farro)
- buckwheat
- triticale
- amaranth
- quinoa
- sorghum (milo)
- teff

SY 2012-13 - At least half of grains offered during the week must be whole grain-rich.
Starting in FY 2014 - All grains offered must be whole grain-rich
"Whole grain-rich" foods must contain at least 50% whole grains.

Criteria for Whole Grain Rich Foods Must meet at least one of the following:
• Product ingredients listing whole grain first (HUSSC criteria)
• Product includes FDA’s whole grain health claim on packaging
• Whole grains per serving must be ≥ 8 grams.

Health Claim: Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.