



# 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

## 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

## WHEAT (WHITE)

- whole white wheat
- whole white wheat flour

## WILD RICE

- wild rice
- wild rice flour

## OATS

- whole oats
- oat groats
- oatmeal or rolled oats
- whole oat 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       | buckwheat      | triticale |
| kamut*        | amaranth       | quinoa    |
| emmer (farro) | 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  $\geq 8$  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.*

