



Identifying Whole Grain Products

Words/Signs you may see on packages	What they mean
 <p>The stamp is yellow with a scalloped edge. It features a stylized grain stalk icon at the top. Below the icon, it says "100% WHOLE GRAIN" in bold, black letters. Underneath that, it says "16g or more per serving". At the bottom, it says "EAT 48g OR MORE OF WHOLE GRAINS DAILY". On the right side, there is a vertical text "WholeGrainsCouncil.org".</p>	<p>100 % Wholegrain stamp</p> <p>Minimum requirement: 16 grams whole grain per serving. (a full serving of whole grain)</p> <p>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</p>
<ul style="list-style-type: none"> • whole grain [name of grain] • whole wheat • whole [other grain] • stoneground whole [grain] • brown rice • oats, oatmeal (including old-fashioned oatmeal, instant oatmeal) • wheat berries 	<p>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</p>
 <p>The stamp is yellow with a scalloped edge. It features a stylized grain stalk icon at the top. Below the icon, it says "WHOLE GRAIN" in bold, black letters. Underneath that, it says "8g or more per serving". At the bottom, it says "EAT 48g OR MORE OF WHOLE GRAINS DAILY". On the right side, there is a vertical text "WholeGrainsCouncil.org".</p>	<p>The Basic Stamp</p> <p>Minimum requirement: 8 grams whole grain per serving. (one half serving of whole grain)</p>
<ul style="list-style-type: none"> • wheat, or wheat flour • semolina • durum wheat • organic flour • toneground multigrain (may describe several whole grains or several refined grains, or a mix of both) 	<p>MAYBE -- These words are accurate descriptions of the package contents, but because some parts of the grain MAY be missing, you are likely missing the benefits of whole grains. When in doubt, don't trust these words!</p>
<ul style="list-style-type: none"> • enriched flour • degerminated (on corn meal) • bran • wheat germ 	<p>NO -- These words never describe whole grains.</p>

Source: <http://wholegrainscouncil.org>