



Identifying

Whole Grain-Rich Sources

WHOLE GRAIN-RICH SOURCES



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| Amaranth |
| Cracked what |
| Crushed wheat |
| Whole-wheat flour |
| Graham flour |
| Entire-wheat flour |
| Bromated whole-wheat flour |
| Millet flakes |
| Whole durum wheat flour |
| Quinoa |
| Brown rice |
| Brown rice flour |
| Triticale |
| Teff |
| Reconstituted whole wheat |
| Buckwheat |
| Sorghum |
| Wild rice |
| Bulgur |
| Whole-grain barley |
| Specialty grains |
| Whole-wheat pasta |
| Whole grain noodles |
| Soba noodles (with whole buckwheat as primary ingredient) |
| Ingredients with whole listed before a grain |
| Ingredients described as berries or groats |

NOT WHOLE GRAIN-RICH SOURCES



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| Flour |
| White flour |
| Wheat flour |
| Enriched wheat flour |
| All-purpose flour |
| Unbleached flour |
| Bromated flour |
| Enriched bromated flour |
| Enriched flour |
| Instantized flour |
| Phosphate flour |
| Self-rising flour |
| Self-rising wheat flour |
| Enriched self-rising wheat flour |
| Durum flour |
| Bread flour |
| Cake flour |
| Rice flour |
| Corn grits |
| Hominy grits |
| Hominy |
| Farina |
| Degerminated corn meal |
| Semolina |
| Pearled barley |
| Enriched rice |
| Long-grain white rice |
| Couscous |

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