make half your grains whole

### whole grains
contain the entire grain kernel—the bran, germ, and endosperm.

### grains

### refined grains
consist of the starchy part of the kernel—the endosperm.

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**Make simple switches.** Choose brown rice or whole wheat pasta.

Bake up some whole-grain goodness. Substitute buckwheat, millet, or oat flour for up to half the all-purpose flour in flour-based recipes.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6g</td>
<td>24%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

**Whole grains can be healthy snacks,** such as air-popped popcorn and 100% whole-wheat crackers or rye crackers.

Check the label for fiber. Good sources have 10% to 19% of the daily value; excellent means 20% or more.

Know what to look for on the ingredients list. Choose products that name a whole-grain ingredient first on the list.

Be a smart shopper. “Multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products and may not contain any whole grain.