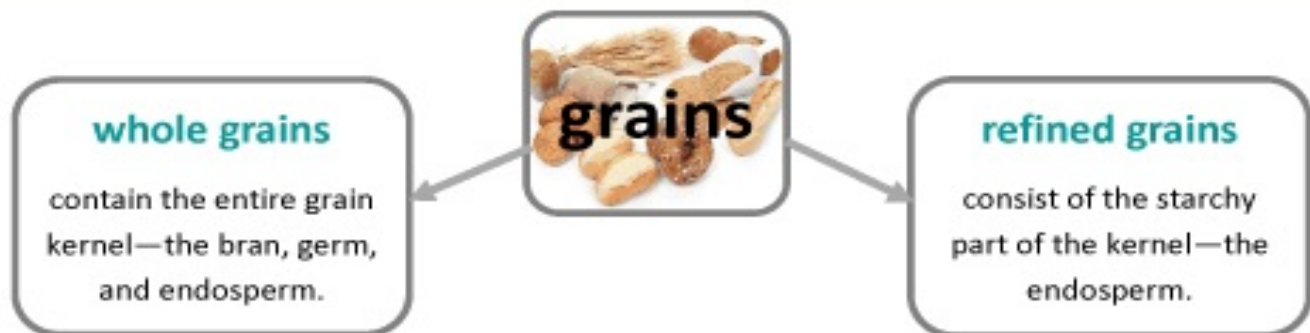


# make half your grains whole



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



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



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

Total Carbohydrate 14g	5%
Dietary Fiber 6g	24%
Sugars 2g	

**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.

**INGREDIENTS:** WHOLE WHEAT, ROLLED OATS, MILLED CORN, RICE, ROLLED BARLEY, SUGAR, FANCY MOLASSES, VEGETABLE OIL, SALT, BARLEY MALT SYRUP, HONEY, VITAMINS (THIAMIN HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID), MINERALS (IRON, ZINC OXIDE), SOY LECITHIN, BHT. CONTAINS WHEAT AND SOY INGREDIENTS.



**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.