Navigating the Supermarket: Whole Grains

Use this guide to find the most nutritious choices in the supermarket.

What is a whole grain?
A whole grain includes the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Examples of whole grains include oatmeal, brown rice, or 100% whole wheat bread.

Refined grains, such as white rice or white bread, have both the bran and germ removed. This means that they contain fewer nutrients than their whole grain counterparts.

Why should I eat whole grains?
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. They may also help you manage your blood sugar and weight.

How do I find whole grains?
Browse through the rice isle of your local supermarket or natural foods store. You will probably find a variety of whole grains such as brown rice, barley, and quinoa. They are typically very inexpensive.

Look for “100% whole grain” on the package. Whole grains, such as whole wheat or whole oats, should be listed first on the ingredient list.

Look for grain products that have at least 3 grams of fiber per serving because they tend to be whole grains.

Color is not an indication of whole grains because molasses or caramel coloring may be added.
# How Can I Eat More Whole Grains?

**Whole grains for breakfast!** Enjoy a bowl of whole grain flakes or oatmeal for breakfast. Top it with fruit and low-fat milk.

**Whole grains for lunch!** Choose 100% whole-grain bread when preparing your favorite sandwich.

**Whole grains for dinner!** Substitute whole-wheat pasta in your favorite pasta recipe. It has a heartier taste and more flavor than refined pasta.

**Whole grains on the side!** Enjoy a side of brown rice, bulgur, barley, or whole-wheat couscous with your favorite meal.

**Whole grains for snacks!** Enjoy whole grain crackers or make your own snack mix with bite-sized shredded wheat or oat squares.

**Whole grains in baked goods!** Substitute one half of the all-purpose flour with whole-wheat flour in your baked good recipes.

**Switch gradually!** If you are accustomed to eating white, refined grains then switch to whole grains gradually. For example, try combining half whole grain pasta with half refined pasta. Over several weeks, you can replace the refined grains altogether.

**Don’t be fooled!** Manufacturers may claim that a product is “made with whole grains”. This usually means that the product is made with mostly refined grains and only a small amount of whole grains. It is not the same as “100% whole grain”.

**Try something new!** Browse through the grain section at your local supermarket or natural foods store. Try a new variety from time to time.
Enjoy a Variety of Whole Grains Everyday

Whole grains offer many nutrients that your body needs to stay healthy. Scan through the lists below and check off your favorite whole grains or the varieties that you have never tried. Make an effort to incorporate them into your diet regularly. This Healthy Living Guide will provide you with many recipes to get you started.

Whole Grains
Your local supermarket probably carries a few of the whole grains listed below such as barley, bulgur, brown rice, and quinoa. Natural foods stores usually carry a larger selection.

- □ Amaranth
- □ Barley
- □ Buckwheat
- □ Bulgar
- □ Corn
- □ Kamut
- □ Millet
- □ Oats
- □ Popcorn
- □ Rice, Brown
- □ Rice, Brown Basmati
- □ Quinoa
- □ Rye
- □ Spelt
- □ Triticale
- □ Wheat

Whole Grain Breakfast Cereals
Choosing a whole grain breakfast cereal can be a little tricky. Be sure that a whole grain is listed first on the ingredient list. Look for a variety with more than 5 grams of fiber and fewer than 5 grams of sugar, such as:

- □ Bran Flakes
- □ Cheerios
- □ Fiber One
- □ Grape Nuts
- □ Kashi
- □ Oatmeal
- □ Quaker Corn & Bran
- □ Quaker Oat Squares
- □ Raisin Bran
- □ Shredded Wheat
- □ Wheat Chex
- □ Uncle Sam’s Cereal

Whole Grains Breads, Pasta & Crackers
Here are a few example brands that are available in most supermarkets:

- □ Sara Lee 100% Whole Wheat Bread
- □ Thomas’ 100% Whole Wheat Pita
- □ Boboli 100% Whole Wheat Pizza Crust
- □ Pepperidge Farm 100% Whole Wheat English Muffins
- □ Hodgson Mills 100% Whole Wheat Pasta
- □ Triscuit Crackers
- □ Wasa Crispbread

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