

Is it really a whole grain product?

Words you may see on packages	What they mean
<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)• wheatberries	<p>YES</p> <p><i>Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</i></p>
<ul style="list-style-type: none">• wheat flour• semolina• durum wheat• organic flour• multigrain (may describe several whole grains or several refined grains, or a mix of both)	<p>MAYBE</p> <p><i>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.</i></p>
<ul style="list-style-type: none">• enriched flour• degerminated (on corn meal)• bran• wheat germ	<p>NO</p> <p><i>These words never describe whole grains.</i></p>