

Whole Grain Quiz

True or False?

1. All brown bread is 100% whole grain.
2. If the label says 100% wheat, it means that wheat is the only grain in the product.
3. "Multigrain" means that a food is whole grain.
4. If the label says "made with whole grains" then you can be sure that the food is 100% whole grain.
5. The easiest way to find whole grain foods is to look on the front label for the words "100% whole grain".

Answers:

1. False: Many brown breads have color added to make them look like whole wheat.
2. True: "100% wheat" means the only grain is wheat, but it may not be *whole* wheat.
3. False: "Multigrain" means it contains more than one kind of grain but they may not be whole grains.
4. False: "Made with whole grains" means the food has *some* of the grain as whole grain. Check the first ingredient.
5. True: Look for the words "100% whole grain" to select true whole grain foods. Yes, the easiest way is to look for 100% whole grain on the label.