

# whole grains

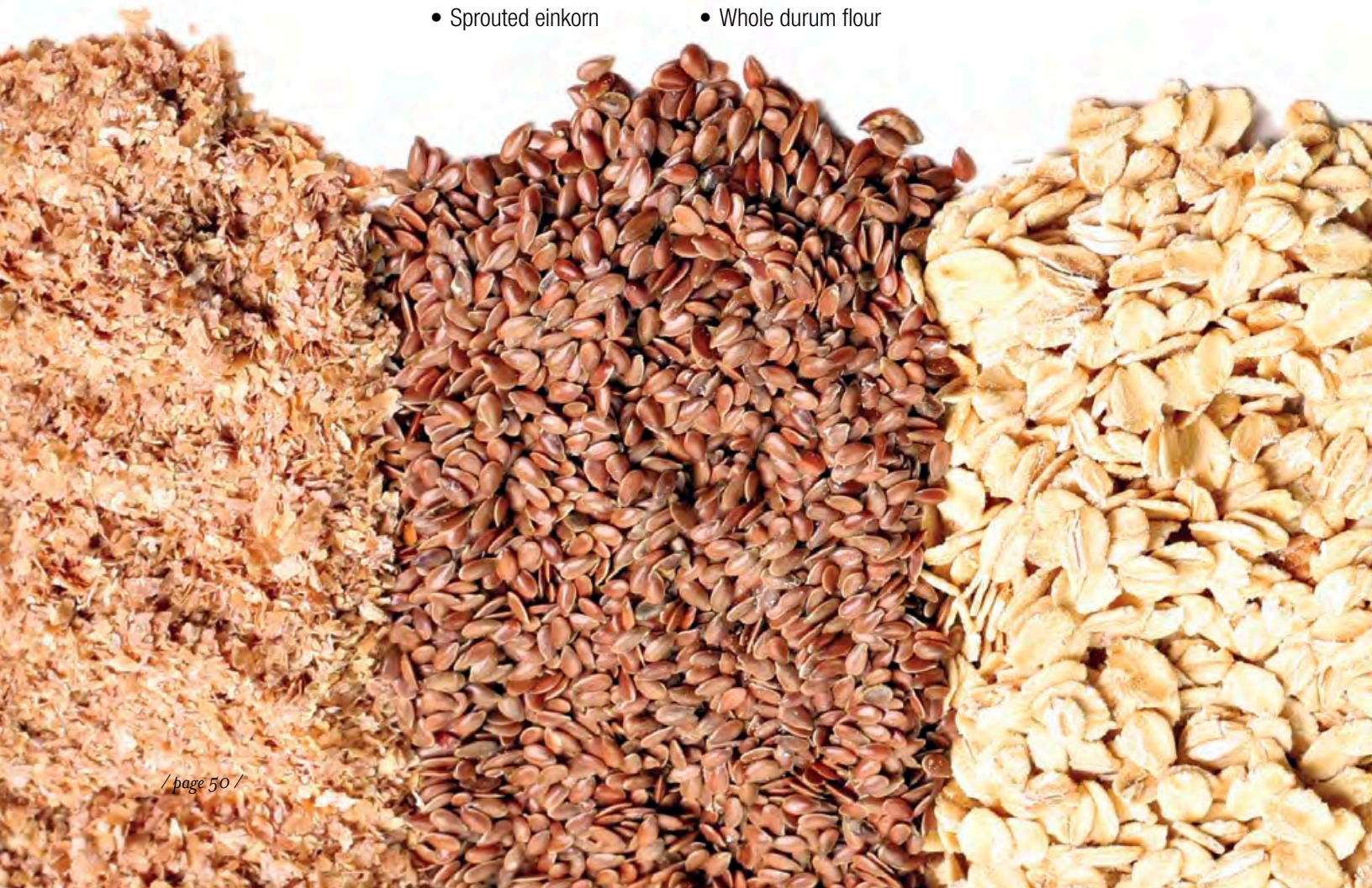
**Tip:** Focus on variety by serving different types of whole grains.

Serving a variety of grains, especially whole grains, is beneficial for good health. Whole grains are great sources of dietary fiber, B vitamins, iron, and other essential nutrients. Eating these foods as part of a balanced diet,

can help to fuel the body, feel fuller longer, and reduce the risk of certain chronic diseases. Therefore, choose a variety of whole grains and other creditable grains, such as enriched and fortified, when planning menus.

## Types of Whole Grains

- Amaranth
- Amaranth flour
- Brown rice
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- Whole corn
- Whole durum flour
- Whole einkorn berries
- Whole grain corn
- Whole grain corn flour
- Whole grain einkorn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat flakes
- Whole rye flour
- Whole wheat flour
- Wild rice





### Whole Grain Menu Ideas

- Amaranth and quinoa porridge
- Barley and vegetable soup
- Bircher muesli
- Leafy salad with whole wheat croutons
- Oatmeal pancakes
- Popped sorghum
- Roasted quinoa
- Soba noodles  
(with whole buckwheat flour as primary ingredient)
- Spelt pretzels
- Teff chips
- Turkey fajitas with whole wheat tortilla
- Whole grain bagel topped with fruit
- Whole grain cornbread
- Whole grain ready-to-eat cereals
- Whole grain tortillas, taco shells
- Whole wheat cornbread muffins
- Whole wheat pasta  
(e.g., macaroni, vermicelli, or spaghetti)

