Whole Grains
“Whole grains, we go. Go, go whole grains!”

Whole grains are foods made from an entire grain seed or kernel. The kernel has three parts called the bran, endosperm, and germ. These components have many vitamins, minerals, fiber and other nutrients to keep us healthy. We should eat at least three whole grains everyday.

The following is a list of the most commonly consumed whole grains in the United States, either by itself (such as oatmeal, wild rice, or popcorn) or as an ingredient in food (such as whole wheat flour in whole wheat bread).

- Brown rice
- Buckwheat
- Bulger (cracked wheat)
- Oatmeal
- Popcorn
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat sandwich buns and rolls
- Whole wheat tortillas
- Wild rice

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)