



What is a Grain?

Type of Product

Whole Grain- Refers to a grain milled in its entirety (all except the husks) not refined

Refined- Refined products have been enriched to replace the elements removed in the milling process

Enriched, Fortified- Standards provide for the addition of prescribed amounts of thiamine, riboflavin, niacin, folate, iron, and other nutrients.

Health experts recommend getting 20 to 35 grams of dietary fiber daily, but Americans only average about 15 grams.

Whole grains:

- Brown rice
- Bulgur (cracked wheat)
- Couscous
- Graham flour
- Oatmeal
- Pearl barley
- Popcorn
- Whole grain corn
- Whole oats
- Whole rye
- Whole wheat



