



How to find whole grains!

Serve children whole grain foods every day. Whole grains contain fibre and other nutrients that help children be healthy. Use these tips to find whole grain foods.

- In the ingredient list on the food label look for the words 'whole' or 'whole grain' in front of the grain. For example, whole grain whole wheat, whole rye, or whole grain (or hulled) barley.
- Choose grain products with whole grains listed as the first grain ingredient.
- Some grains such as oats or oatmeal, quinoa, bulgur, wild or brown rice, sprouted wheat or cornmeal are used only as whole grains. They don't need the words 'whole' or 'whole grain' in front of them.
- Multi-grain foods have more than one type of grain, but they may not be whole grains. Read the ingredient list to find out if there are any whole grains in the food.



For more information on how to [Choose Whole Grains](#), visit the [Healthy Eating Starts Here](#) website.