

Adding In Whole Grains

Whole Grains

Sprouted grains do not always state whole before the grain type but are in fact whole grains

- Brown or wild rice
- Quinoa
- Barley
- Bulgur
- Whole wheat pasta and couscous
- Whole grain cereals, including oatmeal*, All-Bran™ Buds, Cheerios™
- Whole grain bread and bread products, including:
 - Bread, buns, tortillas, rotis, English muffins
 - Pancakes, waffles
- Whole wheat flour
- Whole grain crackers such as Triscuits

Refined Grains

Most crackers, cookies, muffins, and many types of breads are refined grains.

Eating them occasionally won't hurt but try to make most of your grain choices whole grains.

- White rice
- White pasta
- Couscous
- Refined grain cereals: Corn Flakes®, Special K®, Rice Krispies®
- Refined grain crackers, including Ritz and soda crackers
- White bread and bread products, including:
 - Bread, buns, tortillas, rotis, English muffins
 - Pancakes, waffles
- White flour muffins, doughnuts, pastries
- White all-purpose flour

PANTRY CHECK



For the grain product listed below, look at what you have in your pantry to determine if they are whole grain or not. For non-whole grain items, refer to the table above for ideas of whole grain options to try.

Cold cereal you eat most	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Favourite bread	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Regular hot cereal	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Flour used most in baking	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Crackers eaten most often	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Rice eaten most often	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Pasta eaten most often	<input type="checkbox"/> Yes	<input type="checkbox"/> No			

Easy Ways to Add In Whole Grains



Use All-Bran™ Buds or oatmeal as a binder to make hamburgers or meatloaf.



Make a large batch of oatmeal at the start of the week, store in a container in the fridge, and reheat for a quick and easy breakfast.



Add barley, quinoa, or brown rice to your salad.



Swap out half of the flour in a recipe for whole wheat.



Snack on whole grain baked crackers + hummus or air-popped popcorn.