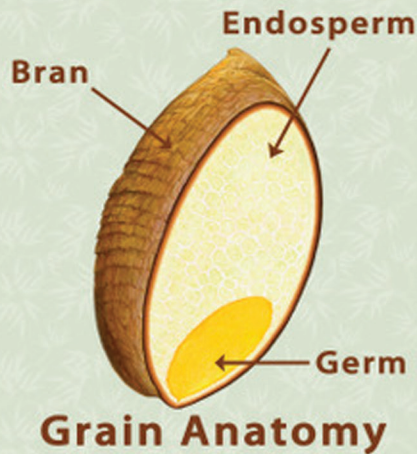


Whole Grains 101

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.



Examples of whole grains. Try a new one every day!



GastroDoxs
defenders of the digestive system

Whole Grains 101




How to find whole grains



The different gram amount on each Stamp tells you **how many grams of whole grain** are in **ONE** serving of the product. →



LOOK FOR THESE WORDS IN THE INGREDIENTS:

-  **Whole Grain:** whole [grain], whole [grain] flour, wheat berries, stoneground whole [grain], oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley
-  **May or May Not be Whole Grain:** flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]
-  **Not Whole Grain:** enriched flour, bran, germ, wheat germ, degerminated, pearled barley, degerminated corn, white rice

THE 100% STAMP	THE 50% STAMP	THE BASIC STAMP
Products where ALL of the grain is whole grain	Products where at least 50% of the grain is whole grain	Products that contain a significant amount of whole grain, but which contain primarily refined grain.
Minimum requirement: 16 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving	Minimum requirement: 8 grams whole grain per serving



GastroDoxs
defenders of the digestive system