

# Whole Grain Shopping List

*It's Easy*

Just reach into a well-stocked pantry for your three servings of whole grain a day!

## *cereals:*

- Your favorite General Mills Big G Cereals: look for the white check
- Oatmeal

## *waffles/pancakes:*

- Whole grain waffles/pancakes

## *breads/tortillas:*

- Whole wheat bread
- Whole rye bread
- Whole wheat hamburger/hot dog buns
- Whole grain bagels
- Whole wheat dinner rolls
- Corn tortillas
- Whole wheat pita bread

## *pasta/rice/grain side dishes:*

- Brown rice
- Wild rice
- Whole wheat pasta (spaghetti, penne, rigatoni)
- Whole grain quinoa
- Bulgur wheat

## *snacks:*

- Whole grain granola bars
- Whole grain pretzels
- Popcorn

## *flours:*

- Whole wheat flour
- Whole grain cornmeal
- Brown rice flour

## Find Whole Grain Easily...

### LOOK FOR THE STAMP

Many products with whole grains carry the Whole Grain Council stamp:



### SCAN THE INGREDIENT LIST

Be sure that whole grain is near or at the top of the ingredients list: **whole wheat, whole rye, etc.** Oats are always whole grain.

### LOOK FOR THE WHITE CHECK!

All Big G Cereals contain at least 8 grams of whole grains per serving. Look for the white check guarantee!

