



Attachment II: List of Common Whole Grains

While this list is extensive, it is **NOT** comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

Barley

- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

Brown Rice

- brown rice
- brown-rice flour

Corn

- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits

Oats

- oat groats
- oatmeal or rolled oats
- whole oats
- whole-oat flour

Rye

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

Wheat (Red)

The most common kind of wheat in the U.S.

- bulgur (cracked wheat)
- bromated whole-wheat flour
- cracked wheat or crushed wheat
- entire wheat flour

- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole-wheat flour
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole-grain bulgur
- whole-grain wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

Wheat (White)

- whole white wheat
- whole white wheat flour

Wild Rice

- wild rice
- wild-rice flour

Less Common Grains

To be whole grains, "whole" must be listed before the grain name.

- amaranth
- buckwheat
- einkorn
- emmer (farro)
- Kamut®
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale

