

Words in Ingredients List	Is it a whole, nutrient dense carb?
<ul style="list-style-type: none"> • Whole grain [name of grain] • Whole wheat • Whole [other grain] • Stoneground whole [grain] • Brown rice • Oats, oatmeal (steel cut or rolled) • Wheatberries 	<p style="text-align: center;">YES!</p> <p>These words mean it contains all parts of the grain and has not been processed or refined so you're getting all the nutritional benefits of the whole grain.</p>
<ul style="list-style-type: none"> • Wheat or wheat flour • Semolina • Durum wheat • Organic flour • Stoneground • Multigrain (may describe several whole grains, several refined grains or a mix of both) 	<p style="text-align: center;">MAYBE?!</p> <p>These words are accurate descriptions of the package content, but because some parts of the grain MAY be missing, you are likely missing the benefits of whole grains (fiber, nutrients, etc).</p> <p style="text-align: center;">When in doubt, don't trust these words!</p>
<ul style="list-style-type: none"> • Enriched flour • Degerminated (on corn meal) • Bran • Wheat germ 	<p style="text-align: center;">NO!</p> <p>These words never describe whole grains.</p>