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
- 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

**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 (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