

Handout 2.2: *Identifying Whole Grains Activity, Answers*

Note to Instructor: Use the following answers as you discuss the activity sheet with participants.

1. Whole wheat flour: Yes, whole wheat flour is whole grain.
2. Instant oatmeal: Yes, whole oats (old fashioned, quick, and instant) are whole grain. However, instant oatmeal is not encouraged because it is highly processed.
3. White whole wheat flour: Yes, white whole wheat flour is whole grain. The current wheat market in the U.S. includes red wheat and a small amount of white wheat. The brown color commonly associated with whole wheat products results from the darker bran color of red wheat. White whole wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Children who learn to like red whole wheat products may prefer the flavor of red wheat. Read the ingredient statement carefully on products labeled as “white wheat,” as some of these products may not contain any white *whole* wheat flour.
4. Degerminated cornmeal: No, only whole cornmeal or whole-grain cornmeal is whole grain. “Degerminated” means that the germ has been removed. Removing the germ from whole cornmeal results in a longer shelf life.
5. Long-grain white rice: No, white rice is not whole grain. White rice is produced by refining whole-grain rice to remove the germ and bran.
6. Brown rice: Yes, brown rice is whole grain. In some areas of the country, brown rice should be refrigerated to retard spoilage.
7. Wheat flour: No, wheat flour is not whole grain. It is produced by refining whole wheat to remove the germ and bran.
8. Graham flour: Yes, graham flour is whole grain. Graham flour is whole wheat flour that is slightly coarser than the regular whole wheat flour.
9. Grits: No, grits are not whole grain unless they are made from whole-grain corn. Specialty mills may produce whole-grain grits, but grits commonly available on the market are made by drying and grinding corn kernels from which the hull and germ have been removed.
10. Semolina: No, semolina is not whole grain. Semolina is durum wheat that is ground more coarsely than regular wheat flours. Most good pastas are made with semolina.
11. Pearled (also called pearl) barley: No, pearled barley is not whole grain. “Pearled” indicates that the bran has been removed.
12. Whole-grain barley: Yes, whole-grain barley is whole grain.
13. Couscous: No, couscous is not whole grain unless it is “whole wheat couscous.”

Handout 2.2: *Identifying Whole Grains* Activity, Answers (continued)

14. Bulgur (cracked wheat): Yes, bulgur (cracked wheat) is a whole grain.
15. Buckwheat groats: Yes, buckwheat groats are whole grain. They are usually cooked in a manner similar to cooking rice.
16. Rolled oats: Yes, rolled oats are whole grain. Rolled oats are made by hulling and cleaning whole oats, then steaming and flattening them. Rolled oats are also called old fashioned oats.
17. Rye berries: Yes, rye berries are whole grain. Various grains with “berries” listed after the grain (wheat, oat, rye, etc.) are whole grains.
18. Millet flakes: No, millet flakes are not whole grain unless they are “whole millet flakes.”
19. Amaranth: No, amaranth is not whole grain unless it is “whole amaranth.”