List of Common Whole Grains

(Note: This list is not comprehensive and therefore may not list all possible representations of whole grain ingredient names on food labels. The list of common whole grains was developed by the USDA using resources from the American Association of Cereal Chemists; USDA Agricultural Research Service; Center for Nutrition Policy and Promotion; and Food and Nutrition Service)

Wheat
Whole wheat flour
Crushed wheat
Coarsely ground whole wheat flour
Whole wheat berries
Unbleached whole wheat flour
Bleached whole wheat flour
Whole white wheat flour
Toasted crushed whole wheat
Sprouted wheat berries
Graham flour
Whole wheat pastry flour
Cracked wheat
Whole wheat flakes
Entire wheat flour
Bromated whole wheat flour
Whole wheat pastry flour

Barley
Whole grain barley flour
Whole grain barley
Dehulled barley
Whole barley flakes or flour

Corn
Whole corn
Whole grain corn flour
Whole cornmeal
Whole corn flour

Bulgur
Bulgur
Whole grain bulgur

Oats
Whole oats
Whole oat flour
Rolled oats
Oatmeal
Oat groats

Rice
Wild rice flour
Brown rice flour
Brown rice
Wild rice

Bulgar

Rye
Whole rye
Whole rye flour

What are some dark green vegetables?

Beet and mustard greens
Bok choy
Broccoli
Collard greens
Watercress
Dark green leaf lettuce or salad greens
Turnip greens
Kale
Romaine lettuce
Spinach

What are some bright orange fruits and vegetables?

Carrots
Sweet potatoes
Pumpkin
Mango
Guava
Clementines
Cantaloupe
Red peppers
Nectarines
Apricots
Oranges
Tangerines
Peaches
Butternut squash
Papaya
Mandarin oranges