



A guide to choosing Grains



1

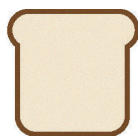
Read the ingredient list and choose a product with:

WHOLE GRAIN as the first ingredient

For example:
whole grain wheat, whole grain corn meal, whole oat or oatmeal, brown or wild rice, whole rye, whole barley, quinoa, bulgur, millet, spelt, amaranth

2

Check the Nutrition Facts table and note the serving size:



35 g
(1 slice)

Bread



20 g

Crackers



1 bar

Granola bar



Cereal

- cold: 30g
- hot: 175 mL
(3/4 cup)



Cooked pasta, rice, quinoa or other grains

125 mL
(1/2 cup)

3

Make the best choice per serving and select items that have:

FIBRE

2 g
or more

FAT

3 g
or less

SUGAR

6 g
or less

SODIUM

150 mg
or less

