

Whole Grain Taste Test

Whole grains are good for you because they contain the healthy parts of the grain that are rich in fiber and vitamins. In contrast, those nutrients are stripped away in flours. Those nutrients protect you from a sugar rush. It's the same reason that eating the whole fruit is healthier than drinking fruit juice. The extra fiber in the fruit slows down the rush of sugar.

Unless you bake them from scratch, most of your whole grains will be store bought. When shopping for whole grains, look for products that are low in sugar and salt, high in fiber, and free of chemical additives. The following products have been blessed by professional taste testers and contain 100% whole grains.

Whole Wheat Pasta

Bionaturea Organic 100% Whole Wheat
Barilla Whole Grain Penne
Ronzoni Healthy Harvest
Trader Joe's Organic Whole Wheat
DeBoles Organic Whole Wheat
Rao's Homemade Whole Wheat Penne

Whole Wheat Bread

Sliced Breads

Arnold Whole Grain Double Protein
Freihofer's Country Stone Ground 100% Whole Wheat
Nature's Harvest Stone Ground 100% Whole Wheat
Eureka! Seeds the Day Organic
Whole Foods Market Organic 100% Whole Wheat
Nature's Own: Premium Specialty 12 Grain or Double Fiber Wheat
Pepperidge Farm: Farmhouse Soft 100% Whole Wheat and Whole Grain 15 Grain
Vermont Bread Company Yoga Bread
Rise Organic Bakery 100% Whole Wheat
Martin's 100% Whole Wheat Potato Bread
Rubschlager 100% Whole Grain Pumpernickel Bread

Sprouted Breads

Most sprouted breads are whole grain. Popular brands include Angelic Bakehouse, Alvarado Street Bakery, Ezekiel, Shiloh Farms, and Silver Hills Bakery Sprouted Breads.

English Muffins

Thomas' 100% Whole Wheat
Orowheat 100% Whole Wheat

Pita and Flatbreads

Flatout 100% Whole Wheat Flatbread
Thomas' Sahara 100% Whole Wheat Pita

Buns

Ozery Bakery Onebun
Nature's Own 100% Whole Wheat Buns
Angelic Bake House Sprouted Buns
Arnold Select 100% Whole Wheat Rolls

Pizza

Angelic Bakehouse Sprouted Flatzza Pizza Crust
Trader Joe's Whole Wheat Pizza Dough
Boboli 100% Whole Wheat Thin Pizza Crust

Pancakes

Hodgson Mill Whole Wheat Pancake Mixes
Kodiak Cakes Whole Wheat Pancake Mixes

Cereal

Oatmeal (avoid "instant" oatmeal)
Muesli cereal, fiber and bran cereals, granola, porridge
Good brands with whole grain options include Fiber One, Ezekiel 4:9, Engine 5, Kashi, and Grape Nuts.

Rice

Brown rice, wild rice, and quinoa

Snacks

Crackers made with 100% whole grains, brown rice, or nuts
Home popped popcorn (pop on the stove with olive oil)

Gluten-free Whole Grains

Corn, buckwheat, sorghum, teff, millet, amaranth, arrowroot, and oats labeled "gluten free." Flours made from beans and nuts will also work. Quinoa, brown, and wild rice are gluten-free. Avoid whole wheat, rye, and barley grains if you're gluten-free.