

# WHOLE GRAIN CHOICES

## Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **Whole Wheat Pasta**
- **100% Whole Wheat Bread**
- **100% Whole Wheat Hamburger and Hot Dog Buns**

## SHOPPING TIP

You can choose a combination of whole grain choices up to the amount of ounces (oz) printed on the WIC check. Breakfast cereals don't count as a whole grain choice for your WIC checks. See pages 8–9 for choices of breakfast cereals.



## BROWN RICE

### BUY

#### You Can Choose

- 14 oz to 32 oz
- Bags or boxes
- Any brand
- Gluten free
- Extra long, long, medium, or short grain
- Instant or regular
- Non organic or organic



### DON'T BUY

- With added flavors, foods, or spices
- Basmati
- Black
- Bulk (sold by weight)
- Boil-in-Bag
- Chia seeds
- Farro
- Gourmet
- Grits
- Jasmine
- Mahogany
- Mixed rice
- Pouches
- Quinoa
- Red
- Sprouted or germinated
- White
- Wild

# WHOLE GRAIN CHOICES

## BULGUR

### BUY

#### You Can Choose

16 oz to 32 oz

Bags or boxes

Any brand

Non organic or organic



### DON'T BUY

With added flavors, foods, or spices

Bulk (sold by weight)

Grits

Quinoa

Sprouted or germinated

## OATMEAL

### BUY

#### You Can Choose

16 oz to 32 oz

Bags or boxes

Cardboard cylinders

Any brand

Gluten free

Instant or quick

Non organic or organic

Old-fashioned or regular

Rolled or steel-cut



### DON'T BUY

With added flavors, foods, or spices

Boxes with individual packets

Bulk (sold by weight)

Granola

Grits

Metal cylinders

Pouches

Quinoa

## SOFT TORTILLAS

### BUY

#### You Can Choose

- 8 oz to 32 oz
- Corn or corn masa soft tortillas
- Whole wheat soft tortillas
- Low sodium
- Non organic or organic

#### Only these brands:

- Celia's
- Essential Everyday
- Don Pancho
- Garden of Eatin' Organic
- Great Value
- Guerrero
- Kroger
- La Banderita
- La Burrita
- Market Pantry
- MiCasa
- Mission
- Ortega
- Signature Kitchens



### DON'T BUY

- With added flavors, foods, or spices
- 96% whole wheat
- Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas
- Low carb or carb balance
- Mixed-grain tortillas, such as corn and wheat together
- Red corn
- Reduced fat, or fat-free tortillas
- Sprouted or germinated
- Store-made
- Tortillas with "light" or "lite" on the label
- Wraps

## WHOLE WHEAT PASTA

### BUY

#### You Can Choose

- 16 oz or 32 oz
- Bags or boxes
- Any type
- Non organic or organic
- Whole wheat or whole durum wheat

#### Only these brands:

- Barilla
- Bella Terra
- Best Yet
- DaVinci
- DeLallo Organic
- Essential Everyday
- Full Circle Organic
- Garofalo
- Gia Russa
- Great Value
- Hodgson Mill
- Kroger
- Market Pantry
- Natural Directions Organic
- O Organics
- Racconto
- Ronzoni Healthy Harvest
- Shurfine
- Simple Truth Organic
- Simply Balanced Organic
- Western Family



### BUY

#### Here are some examples of types:

- Angel hair
- Bows
- Egg noodles
- Elbow
- Fettuccine
- Fusilli
- Lasagna
- Linguine
- Macaroni
- Penne
- Rigate
- Rotini
- Shell
- Spaghetti
- Spirals
- Vermicelli
- Ziti

### DON'T BUY

- With added flavors, foods, or seasonings
- 51% whole grain or whole wheat
- Buckwheat
- Bulk (sold by weight)
- Fresh
- Gluten free
- Mixed grain
- Multi-colored
- No boil, no drain
- Refrigerated
- Rice pasta
- Semolina
- Sprouted or germinated
- Vegetable

## 100% WHOLE WHEAT BREAD

### BUY

#### You Can Choose

- 16 oz to 32 oz
- 100% whole wheat (printed on the label)
- Any brand
- Loaf and sliced
- Low sodium
- Non organic or organic
- Sugar free

#### Here are some examples:

- Country Oven
- Essential Everyday
- Franz
- Fred Meyer
- Great Value
- Haggen
- Market Pantry
- Merita
- Nature Harvest
- Nature's Own
- Oroweat
- QFC
- Roman Meal
- Sara Lee
- Signature Kitchens
- Simple Truth Organic
- Standish
- The Bread Garden
- Wonder



### DON'T BUY

- With added flavors, foods, or spices
- Artisan or gourmet (bread baked in small batches)
- Breads not wrapped in plastic
- Breads with "light" or "lite" on the label
- Bagels
- Cracked wheat
- English muffins
- Extra fiber
- French
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made
- Uncooked bread mixes
- Un sliced

## 100% WHOLE WHEAT HAMBURGER AND HOT DOG BUNS

### BUY

#### You Can Choose

- 14 oz to 32 oz
- 100% whole wheat (printed on the label)
- Any brand
- Non organic or organic
- Topped with seeds

#### Here are some examples:

##### Hamburger Buns

- Country Oven
- Franz
- Fred Meyer
- Nature's Own
- Oroweat
- Pepperidge Farm
- QFC

##### Hot Dog Buns

- Franz
- Fred Meyer
- Great Value
- QFC



### DON'T BUY

- With added flavors or spices
- Artisan or gourmet buns (baked in small batches)
- Buns not wrapped in plastic
- Buns with "light" or "lite" on the label
- Bagels
- English muffins
- Extra fiber
- Dinner, French, or hoagie buns or rolls
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made