

NATURAL WHOLE GRAINS

- **Amaranth and/or Amaranth Flour**

Amaranth is a plant of the genus *Amaranthus*, typically having small green, red, or purple tinted flowers. Certain varieties are grown for food.



- **Buckwheat, Buckwheat Flour, Buckwheat Groats, and/or Sprouted Buckwheat**



Buckwheat is an Asian plant of the dock family that produces starchy seeds. The seeds are used for fodder and are also milled into flour that is widely used in the US.

Groats are hulled or crushed grain.

Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.

- **Bulgur**

Bulgur is a cereal food made from whole wheat partially boiled then dried.



- **Corn Grits, Whole Corn, Whole Grain Corn, and/or Whole Grain Corn Flour**



Corn Grits is a porridge made from corn that is ground into a coarse meal and then boiled. Hominy Grits are not creditable in the CACFP as a whole grain.

- **Whole Durum Flour**

Durum is a kind of hard wheat grown in arid regions, having bearded ears and yielding flour that is used to make pasta.



- **Sprouted Einkorn, Whole Grain Einkorn Flour, and/or Whole Einkorn Berries**



Einkorn is an old kind of Mediterranean wheat with small bearded ears and spikelets that each contain one slender grain, used as fodder in prehistoric times but now rarely grown.

Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.

- **Graham Flour**

Graham flour is whole wheat flour that has not been sifted.



- **Millet and/or Millet Flour**



Millet is a fast-growing cereal plant that is widely grown in warm countries and regions with poor soils. The numerous small seeds are used to make flour or alcoholic drinks.

- **Oat Groats, Oats (Instant, Old Fashioned, Quick Cooking, and/or Steel Cut), and/or Whole Grain Oat Flour**

Groats are hulled or crushed grain.



- **Quinoa (pronounced kēnwä)**

Quinoa is a goosefoot (divided leaves are said to look like



the foot of a goose) plant found in the Andes, where it was widely cultivated for its edible starchy seeds before the introduction of Old World grains. The grain-like seeds of the quinoa are used as food and in the production of alcoholic drinks.

- **Brown Rice, Sprouted Brown Rice, and/or Wild Rice**

Brown Rice is unpolished rice with only the husk of the grain removed.

Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.



- **Rye Groats, Sprouted Whole Rye, and/or Whole Rye Flour**



Rye is a wheat-like cereal plant that tolerates poor soils and low temperatures.

Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.

- **Sorghum and/or Sorghum Flour**

Sorghum is a widely cultivated cereal native to warm regions of the Old World. It is a major source of grain and of feed for livestock.



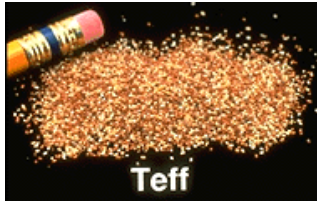
- **Spelt Berries, Sprouted Spelt, and/or Whole Grain Spelt Flour**



Spelt is also known as dinkel wheat or hulled wheat. It is an ancient whole grain, said to be more nutritious than modern grains.

Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.

- **Teff and/or Teff Flour**



Teff is an African cereal which is cultivated almost exclusively in Ethiopia, used mainly to make flour.

- **Triticale and/or Triticale Flour**

Triticale is a hybrid grain produced by crossing wheat and rye, grown as a fodder crop.



- **Wheat Berries, Cracked Wheat, Wheat Groats, Sprouted Wheat Flour, Whole Grain Wheat Flakes, and/or Whole Wheat Flour**

Wheat is a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc.



Sprouted grains are richer in micronutrients than non-sprouted whole grains and whole meal flours; they are also rich in food enzymes and are well-suited to many recipes.

A wheat berry is an entire wheat kernel (except for the hull), composed of the bran, germ, and endosperm.