

Getting to Know Your Whole Grains

The foods are correctly sorted in table 2.3.

TABLE 2.3 Sort It Out Solutions

Whole grains	Refined grains
Brown rice	Chocolate chip cookie
100% whole-wheat bread	Muffin
Steel-cut oatmeal	Cheerios
100% whole-wheat spaghetti	Cake
Barley pilaf	Macaroni
Buckwheat pancakes	Pumpkin pie
Bulgur	Apple Jacks cereal
Tabouleh (bulgur salad)	Doughnut
Millet	White bread
Quinoa	Waffles
Farro	White rice
Kasha (hot cereal)	Instant oatmeal
100% whole-wheat mini-bagel	Cornbread
Whole-wheat couscous	Corn tortillas
Wild rice	Crackers
Shredded wheat cereal	Couscous
Whole-grain oat squares cereal	Instant noodles
Whole-grain crackers	Pretzels
100% whole-wheat English muffins	Spaghetti
100% whole-wheat tortillas and pitas	Corn Flakes
100% whole-wheat sandwich buns and rolls	Cupcakes
	Sandwich buns and rolls
	Pasta salad

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).