#### 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 Ouinoa Red Sprouted or germinated White Wild

### 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 I ow 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**

hole Wheat

BUY	DON'T BUY
You Can Choose	With added flavors, foods, or spices
16 oz to 32 oz	Artisan or gourmet (bread baked
100% whole wheat (printed on	in small batches)
the label)	Breads not wrapped in plastic
Any brand	Breads with "light" or "lite" on
Loaf and sliced	the label
Low sodium	Bagels
Non organic or organic	Cracked wheat
Sugar free	English muffins
Here are some examples:	Extra fiber
Country Oven	French
Essential Everyday	Frozen or refrigerated dough
Franz	Gluten free
Fred Meyer	Multigrain
Great Value	Sourdough
Haggen	Sprouted or germinated
Market Pantry	Store-made
Merita	Uncooked bread mixes
Nature Harvest	Unsliced
Nature's Own	onsieced
Oroweat	
QFC	
Roman Meal Sara Lee	
00.0 200	
Signature Kitchens Simple Truth Organic	
Standish	
The Bread Garden	
Wonder	
<b>Monder</b>	

## **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

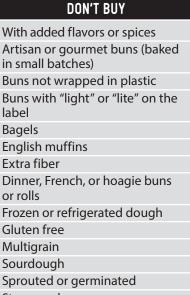
#### Here are some examples:

Hamburger Buns Country Oven Franz Fred Meyer Nature's Own Oroweat Pepperidge Farm QFC Hot Dog Buns Franz Fred Meyer Great Value OFC

Hamburger Buns

Hot Dog Buns

0



Store-made

