



Products Containing Whole Grains

The following lists are items that contain whole grain and bear the Whole Grain Council Stamp. Some products may not be available at all Balls Food Stores- Hen House and Price Choppers.

* denotes items found in the Health and Naturals Department.

Consumers are responsible for reading ALL PRODUCT LABELS. Ingredients may change at any time. This list is compiled from the Whole Grain Council. All questions or concerns regarding product information should be addressed to the manufacturer directly.

You can call Jennifer Egeland, RD at 913- 573-1273 to get a manufacturer's contact information.

We cannot be held responsible for individual reactions to any product. This list is to aid you in your whole grain shopping. This listing is not to be considered medical advice.

Breads

Baker's Inn: 100% Whole Wheat Sliced Bakery Bread, 100% or 22 g or more

Harvest Multigrain Sliced Bakery Bread, 14 g or more

Honey Whole Wheat Sliced Bakery Bread, 100% or 22 g or more

Cracked Wheat Sliced Bakery Bread, 14 g or more

Made with Whole Grain Honey White Sliced Bread, 10 g or more

Made with Whole Grain Potato Sliced Bakery Bread, 8 g or more

Made with Whole Grain Rye Sliced Bakery Bread, 9 g or more

Nine Grain Sliced Bakery Bread, 100% or 23 g or more

Seven Grain Sliced Bakery Bread, 9 g or more

Butternut: 100% Whole Wheat Bread, 100% or 24g or more

100% Whole Wheat Bread 20 oz, 100% or 28g or more

Made with Whole Grain White Bread, 8 g or more

Made with Whole Grain White Hot Dog Buns, 8 g or more

Wonder Bread: Wonder Stone Ground Wheat Sandwich Bread, 16 g or more

Wonder Made with Whole Grain Wheat Bread, 16 g or more

Wonder Made with Whole Grain Honey Wheat, 8 g or more

Wonder Made with Whole Grain White Sandwich, 8 g or more

Wonder Wheat Hamburger Buns, 8 g or more

Wonder Wheat Hot Dog Buns, 8 g or more

Bars

- Kashi *- TLC Cherry Dark Chocolate, Honey Toasted 7 Grain, Pumpkin Spice, Roasted Almond Crunch- 16 g or more
Honey Almond Flax, Peanut Butter, Trail Mix- 8 gm or more
Barbara's Bakery*- Fruit and Yogurt Bars (Apple, Blueberry, Cherry, Strawberry) 8 g or more
Barbara's Bakery*- Organic Crunchy Granola Bars (Cinnamon Crisp, Peanut Butter, Toasted Almond, Oats and Honey) 21 g or more

Cold Cereals

- Arrowhead Mills*- Nature's O's, Organic Kamut and Cranberries, Organic Kamut Flakes, Organic Spelt and Cranberries, Organic Amaranth Flakes, Organic Multigrain Flakes, Organic Spelt Flakes, Organic Maple Buckwheat Flakes, Shredded Wheat, Sweetened Shredded Wheat- 16g or More
Barbara's Bakery*- Weetabix Crispy Flakes, Weetabix Crispy Flakes & Fiber, Shredded Wheat 13 oz- 100%
Shredded Spoonfuls 24 oz, Shredded Oats 10 oz, Shredded Oats 25 oz, Shredded Spoonfuls 15.3 oz, - 16 g or more
- Bob's Red Mill*- Granola (Blueberry, Cinnamon, Strawberry, Coconut, No Fat Added Natural) and Old Country Style Muesli, 100% or 16 g or More
- Heartland- Low Fat Granola- 25 g or more
Low Fat Granola with Raisins- 22 g or more
Original Granola- 30 g or more
Raisin Granola- 27 g or more
- Kashi- 7 Whole Grain Puffs Pilaf 100% 16g or more
7 Whole Grain Nuggets, 100% or 16 g or more
7 Whole Grain Puffs, 100 % or 16 g or more
7 Whole Grain Flakes, 16g or more
Organic Promise Autumn Wheat, 100% or 16 g or more
Organic Promise Cinnamon Harvest, 100% or 16 g or more
Organic Promise Strawberry Fields, 100% or 16 g or more
Cinnamon Mighty Bites, 16 g or more
Honey Crunch Mighty Bites, 16 g or more
Good Friends Cinna Raisin Crunch, 8 g or more
Heart to Heart Cereal, 8 g or more
- Nature's Path*- Koala Crisp, 100% or 16 g or more
Organic Heritage Flakes, 16 g or more
Organic O's Multigrain Cereal, 16g or more
Organic Millet Rice Flakes, 16g or more
Organic Multigrain Flakes Cereal, 16 g or more
Optimum Rebound Cereal, 16 g or more
Optimum Zen Cereal, 16 g or more

Organic Spelt Flakes Cereal, 16g or more
Cheetah Chomps, 8 g or more
Flax Plus Flakes, 8 g or more
Organic Flax Plus Raisin Bran, 8 g or more
Heritage Bites, 8 g or more
Optimum Power Cereal, 8 g or more
Optimum Slim Cereal, 8 g or more
Orangutan O's, 8 g or more

Nu-World Amaranth*- Amaranth O's Original and Peach, 100% or 28g or more

Hot Cereal

Bob's Red Mill*- 10 grain Cereal, Cracked Wheat Cereal, Creamy Buckwheat Cereal, Old Fashioned Rolled Oats, Organic Brown Rice Farina, Organic Cracked Wheat Cereal, Organic Scottish Oatmeal, Organic Steel-Cut Oats, Thick Rolled Oats, 100% or 16g or more

Country Choice*- Fit Kids Instant Oatmeal Chocolate Chip and Cinnamon Toast, 16 g or more

McCann's- Steel Cut Irish Oatmeal, Quick and Easy Oatmeal, 100% or 40 g or More

Nature's Path*- Optimum Zen and Power Hot Oatmeal, 100% or 16 g or more

Quaker- Quaker Lower Sugar (Apples and Cinnamon, Maple and Brown Sugar, Peaches and Cream, Strawberry and Cream) 100% or 16 g or more

Quaker- Nutrition for Women (Golden Brown Sugar, Vanilla Cinnamon), 100% or 16 g or more

Quaker- Instant Oatmeal (Apple Crisp, French Toast), 100% or 16 g or more

Quaker- Weight Control (Banana Bread, Cinnamon), 100% or 16 g or more

Flours

Arrowhead Mills*- Organic Amaranth Flour, Barley Flour, Buckwheat Flour, Blue Corn Meal, Yellow Corn Meal, Kamut Flour, Long Grain Brown Rice Flour, Millet Flour, Oat Flour, Rye Flour, Spelt Flour, Stone Ground Whole Wheat Flour, 100%

Bob's Red Mill*- 10 Grain Flour, Barley Flour, Blue Cornmeal, Coarse Cornmeal, Corn Flour, Graham Flour, Long Grain Brown Rice, Malted Barley Flour, Millet Flour, Organic Quinoa Flour, Organic Whole Wheat Flour, Spelt Flour, Teff Flour, Whole Grain Oat Flour, Whole Wheat Flour, Whole Wheat Pastry Flour, 100%

War Eagle Mill*- Whole Wheat Flour, Blue Cornmeal, Yellow Cornmeal,- 34 g or more

Grain and Grain Side Dishes

Bob's Red Mill* (100%)- Barley Grits, Brown Rice Flour, Buckwheat Groats, Hard Red Wheat Berries, Hulled Millet, Whole Blue Corn, Whole Oats Groats, Whole White Corn,- 100% Arrowhead Mills* (100%)- Organic Bulgar Wheat, Organic Whole Grain Wheat, Whole Grain Amaranth, Whole Grain Quinoa

Mixes for Baking

Arrowhead Mills* (16 g or more 100%)- All Purpose Baking Mix, Corn Bread and Muffin Mix, Gluten Free All Purpose Baking Mix, Multigrain Pancake and Waffle Mix, Organic Buckwheat Pancake and Waffle Mix
Bob's Red Mill * (16 g or more 100%)- 10 Grain Pancake Mix, Buttermilk Pancake Mix, Corn Bread and Corn Muffin Mix, Cornmeal Pancake Mix
War Eagle Mill*- Cornbread Mix- 25 g or more

Pasta

Vita Spelt*- Whole Grain Angel Hair, Elbows, Lasagna, Rotini, Shells, Spaghetti- 16 g or more

Snacks and Crackers

Bob's Red Mill*- White and Yellow Popcorn- 16 g or more
Dr. Kracker*- Flatbreads and Snacker- 8 g or more
Kashi*- TLC Original 7 Grain Cracker- 8 g or more
Mary's Gone Crackers- 16 g or more
Midel*- Honey Grahams- 16 g or more
Country Choice*- Oatmeal Chocolate Chip Cookie, Raisin Oatmeal Cookie, Old Fashioned Oatmeal Cookie- 8 g or more
Kashi*- TLC Cookies- 11 g or more

Waffles

Natures Path: Lifestream*- Soy Plus Waffles, Fig and Flax Waffles, Flax Plus Waffles, Envirokids Gorilla Banana Waffles and Koala Choco Waffles, Hemp Plus Waffles, Maple Cinnamon Waffles, Optimum Waffles, Pomegran Plus Waffles, Synergy 8 Grain Waffles- 16 g or more
Van's Waffles*- Organic Original Waffles, Organic Blueberry Waffles, Organic Soy Flax Waffles, Gourmet Multigrain Waffles, Gourmet 97% Fat Free Waffles, Gourmet Flax Waffles, Belgian 7 Grain Waffles, Wheat Free Original Waffles, Blueberry and Cinnamon Apple, Gourmet Buckwheat Waffles, Wheat Free Flax Waffles, Wheat Free Mini Waffles