

Whole Grains Yardstick: Restaurants



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Oldways and the



Whole Grains Council

The Question:



Do popular restaurants
serve at least
one whole grain choice?

See pages 3-16 to 3-18 in your Program Book

Which Restaurants?



Restaurant	Rank	On the Menu
McDonald's	#1	Premium chicken sandwich, 8g wg in bun
Stabuck's	#4	Oatmeal and whole grain pastries
Pizza Hut	#6	The Natural pizza, 8g wg in crust
Chili's Grill & Bar	#12	Guiltless chicken sandwich, ww bun
Jack in the Box	#15	Chicken fajita whole grain pita, 16g
TGI Friday's	#17	Dragonfire Chicken Stirfry, brown rice
Olive Garden	#18	Whole wheat linguini in any pasta dish
Panera Bread	#25	Whole grain breads and bagels
Papa John's	#26	Whole grain pizza crust, 40g
Ruby Tuesday	#28	Brown rice pilaf on "Smart Eating" menu
Cracker Barrel	#29	Oatmeal; ww bread on sandwiches