Oldways
Whole Grains Council
Conference

November 4–6, 2018
Seattle, Washington

— organized by —

wholegrainscouncil.org • #WholeGrains2018
This book will help your customers, clients, and patients discover the wide variety of unique textures, flavors, and aromas that whole grains have to offer!

*Whole Grains Around the World* takes you on a 28-day journey through the world of whole grains. Each of the weeks in this menu plan is inspired by a different heritage diet: *Mediterranean, African, Latin American,* and *Asian.* Go beyond the basics and explore delicious preparations of grains, with recipes like eggplant & barley salad, maple walnut teff porridge, poblanos stuffed with quinoa, squash & beans.

**Purchase**
$14.99 each.
Receive bulk discounts on orders of 50+ books.
Available for purchase online at: [https://www.oldwayswebstore.org](https://www.oldwayswebstore.org)

**Co-branding Options**
Add your organization’s logo to the cover of the book to spread the word about your product and using more grains. Contact store@oldwayspt.org for co-branding details.
THANK YOU TO OUR SPONSORS OF THE WHOLE GRAINS CONFERENCE SEATTLE 2018

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Ardent Mills

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SORGHUM
Nature’s Super Grain

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In-Harvest
Everspring Farms
Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel’s nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.

EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!

AMARANTH  |  BARLEY  |  BUCKWHEAT  |  BULGUR  |  CORN  |  FARRO
---|---|---|---|---|---
FONIO  |  FREEKEH  |  MILLET  |  OATS  |  QUINOA  |  RICE
RYE  |  SORGHUM  |  TEFF  |  TRITICALE  |  WHEAT  |  WILD RICE

HOW TO FIND WHOLE GRAINS

The different gram amount on each Stamp tells you how many grams of whole grain are in ONE serving of the product.

LOOK FOR THESE WORDS IN THE INGREDIENTS:

1. **Whole Grain**: whole [grain], whole [grain] flour, wheat berries, stoneground whole [grain], oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley
2. **May or May Not be Whole Grain**: flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]
3. **Not Whole Grain**: enriched flour, bran, germ, wheat germ, degenerated, pearled barley, degenerated corn, white rice

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