Ready to eat more whole grain foods? Check out the shopping list below for some inspiration. Post a picture of your whole grain foods with the tag #SampleWholeGrains on social media!

**Breads**
- Canyon Bakehouse 7-Grain Bread
- Canyon Bakehouse Ancient Grain Bread
- Canyon Bakehouse Heritage Whole Grain Bread
- Mestemacher Organic Whole Rye Bread
- Mestemacher Pumpernickel Bread
- Mestemacher Whole Rye Bread

**Cookies**
- Homefree Lemon Burst Mini Cookies
- Homefree Chocolate Chip Mini Cookies

**Crackers**
- Crunchmaster Multi-Seed Original
- Crunchmaster Multi-Grain Sea Salt
- Crunchmaster Multi-Seed Rosemary & Olive Oil

**Flours & Cornmeal**
- Bow & Arrow Whole Grain Cornmeal
- Maskal Teff Ivory Teff Flour
- To Your Health Sprouted Flour Co. Sprouted Red Wheat Flour

**Frozen Meals**
- Grainful Vegetarian Chili
- Grainful Green Goddess Falafel
- Grainful Korean Veggie BBQ

**Hot Cereals**
- Bluebird Grain Farms Old World Cereal Blend
- Cream of the West 100% Organic 7-Grain
- Cream of the West Roasted Wheat
- Cream of the West Roasted Ranch Oats
- Pereg Natural Foods Brown Teff Porridge
- Pereg Natural Foods Ivory Teff Porridge

**Intact Grains**
- Bluebird Grain Farms Emmer Farro
- Bluebird Grain Farms Organic Einkorn
- Berries
- Lotus Foods Organic Brown Jasmine Rice
- Maskal Teff Ivory Teff Grain
- Minute Brown Rice
- Minute Ready-to-Serve Brown Rice
- Pereg Natural Foods Red Quinoa
- Sideway Foods Organic Quinoa
- Success Brown Rice
- Sunnyland Mills #3 Coarse Organic Bulgur Wheat
- Sunnyland Mills Orlando’s Cracked Wheat Pilaf Mix
- Sunnyland Mills #3 Coarse Traditional Bulgur Wheat
- To Your Health Sprouted Flour Co. Sprouted Barley
  
  Coupon Code: SPROUT2022
  Good for 15% off all Barley and Quinoa products. Effective 3/1 – 3/31/22
  Retail orders only. No limit to usage.

- To Your Health Sprouted Flour Co. Sprouted Quinoa
  
  Coupon Code: SPROUT2022
  Good for 15% off all Barley and Quinoa products. Effective 3/1 – 3/31/22
  Retail orders only. No limit to usage.

**Pasta & Noodles**
- Lotus Foods Organic Buckwheat & Brown Soba Rice Noodles
- Lotus Foods Organic Millet & Brown Rice Ramen