

## Becoming a Whole Grain Food Detective

Directions:

For each food label, fill in the table with the following information from the food label (Product Name, First Ingredient). Then decide if the product is a whole grain food.



<b>Product Name</b> (for example: Total cereal, Whole Wheat Bread, etc.)	<b>First Ingredient</b> listed in the ingredient list (for example “enriched wheat flour”)	<b>Is This a Whole Grain Food?</b> (Yes, no, don’t know)