

Whole Day for Whole Grain Shopping List

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

- [Arnold 100% Whole Wheat Bread](#)
- [Arya Whole Wheat Roti](#)
- [Arya Golden Curry Roti](#)
- [Arya Cumin Spinach Roti](#)
- [Brownberry 100% Whole Wheat Bread](#)
- [Oroweat 100% Whole Wheat Bread](#)

COOKIES

- [Homefree Chocolate Chip Mini Cookies](#)
- [Homefree Chocolate Mint Mini Cookies](#)
- [Homefree Double Chocolate Chip Mini Cookies](#)

CRACKERS & SNACKS

- [Leksands Original Crispbread Rounds](#)
- [Leksands Original Crispbread Triangles](#)
- [Leksands Sourdough Crispbread Triangles](#)
- [Popzup Butter Me Up Popcorn](#)
- [Popzup Cheesie Herbie Popcorn](#)
- [Popzup Truffle Butter with a Touch of Cracked Black Peppercorns Popcorn](#)
- [Wasa Multigrain Crispbread](#)
- [Wasa Sourdough Crispbread](#)
- [Wasa Whole Grain Crispbread](#)
- [We Chips 100% Whole Grain Chips](#)

FLOURS & MEALS

- [Bluebird Grain Farms Organic Whole Grain Einkorn Flour](#)
- [Maskal Brown Teff Flour](#)
- [Maskal Ivory Teff Flour](#)

FROZEN MEALS

- [Kidfresh Fish Sticks \(with whole grain breading\)](#)
- [Kidfresh White Meat Chicken Nuggets \(in whole grain breading\)](#)
- [Kidfresh White Meat Chicken Sticks \(in whole grain breading\)](#)

BREAKFAST CEREAL

- [Choputa Apple Cinnamon Fonio Cereal](#)
- [Choputa Maple Flavored Fonio Cereal](#)
- [Choputa Mixed Berry Fonio Cereal](#)
- [Grain Place Foods Favorite Five Organic Mixed Grains Cereal](#)

INTACT GRAINS

- [Bluebird Grain Farms Organic Whole Grain Einkorn Berries](#)
- [Bluebird Grain Farms Organic Whole Grain Emmer Farro](#)
- [Grain Place Foods Rolled Barley](#)
- [Grain Place Foods Rolled Kamut](#)
- [Maskal Brown Teff Grain](#)
- [Sunnyland Mills #3 Coarse Organic Bulgur Wheat](#)
- [Sunnyland Mills #3 Coarse Traditional Bulgur Wheat](#)
- [Sunnyland Mills Orlando's Cracked Wheat Pilaf Mix](#)

PASTA & NOODLES

- [Lotus Foods Organic Buckwheat & Brown Soba Rice Noodles](#)
- [Lotus Foods Organic Millet & Brown Rice Ramen](#)
- [Lotus Foods Organic Pad Thai Rice Noodles](#)

