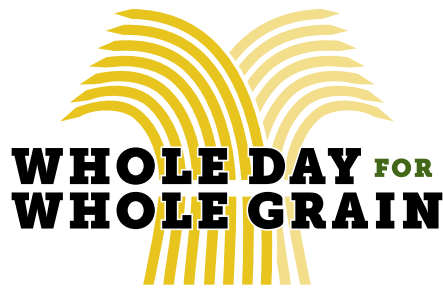
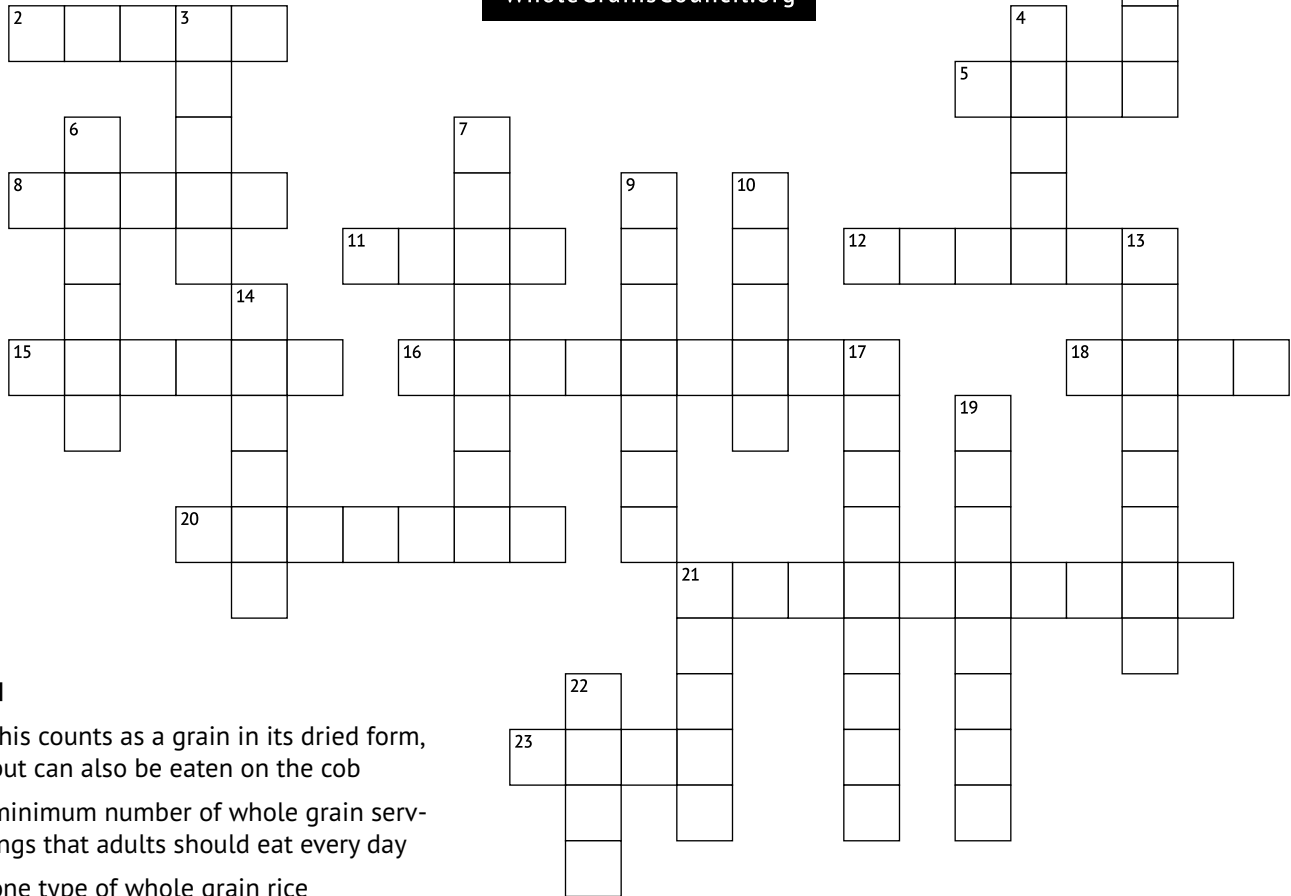


Test Your Whole Grain Knowledge!



WholeGrainsCouncil.org



DOWN

- 1 this counts as a grain in its dried form, but can also be eaten on the cob
- 3 minimum number of whole grain servings that adults should eat every day
- 4 one type of whole grain rice
- 6 leading whole grain staple in India
- 7 whole grain that is a type of aquatic grass grown by indigenous tribes around the Great Lakes
- 9 type of grain that has remained largely unchanged for the last several hundred years
- 10 whole grain that contains large amounts of gluten and is ideal for making bread
- 13 whole grain that was a staple in Aztec culture
- 14 whole grain that often has a tough outer hull, but can also be grown "naked" or hull-less
- 17 a grain's food supply in the case of germination and the largest portion of the kernel
- 19 type of refined grain where some nutrients have been added back, but not in their original proportions
- 21 packaging tool that indicates products that contain significant amounts of whole grain
- 22 popular Ethiopian whole grain

ACROSS

- 2 rice that has had its germ and bran removed or polished away
- 5 the multi-layered outer skin of the edible kernel
- 8 our digestive system can't break this down and the term is not interchangeable with whole grains
- 11 U.S. Dietary Guidelines indicate that whole grains should make up this fraction of an adult's total grain intake
- 12 colorful whole grain with its origins in the Andes in South America
- 15 breakfast food usually served with milk that is often made with whole grains
- 16 hybrid of durum wheat and rye
- 18 whole grains often eaten for breakfast and almost never refined
- 20 type of grain that is missing some portion of its three key parts and is therefore lacking in nutrients
- 21 a way to alter recipes to replace refined grains with whole grains
- 23 embryo of the kernel with the potential to sprout a new plant

