
STAMPS OF APPROVAL

The stamp logos created by the Whole Grains Council make it simpler for shoppers to spot whole-grain foods. One stamp indicates that a serving of food has 8 grams of whole grain, or half a serving of whole grains; the other indicates that serving of food has 16 grams of whole grain, or one full serving of whole grains. Courtesy of Oldways and the Whole Grains Council, www.wholegrainscouncil.org.

