



# PANTRY ESSENTIALS FOR #wholegrainchallenge

- Whole grain or wholemeal loaves
- Wholemeal flat breads or wraps
- Wholemeal pizza bases
- Wholemeal English muffins
- Whole grain or wholemeal rolls
- Whole grain crackers
- Brown rice cakes
- Sorghum cakes
- Wholemeal pasta
- Whole grain noodles
- Brown, red and black rice
- Oats including quick, rolled & steel cut
- Whole grain muesli bars
- Flour: wholemeal, quinoa, spelt
- Popcorn
- Whole grain breakfast cereal & biscuits
- Intact whole grains like buckwheat, farro, millet, quinoa, bulghur wheat, amaranth, hulled barley



GF CHECK OUT THE MANY GLUTEN FREE  
WHOLE GRAIN OPTIONS IF YOU NEED  
TO AVOID GLUTEN!