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Whole-grain food

Healthgrain Forum

Source

*Alastair B Ross, Jan-Willem van der Kamp, Roberto King, Kim-Anne Lê, Heddie Mejborn, Chris J Seal, and Frank Thielecke, on behalf of the Healthgrain Forum. (2017). Perspective: A Definition for Whole-Grain Food Products—Recommendations from the Healthgrain Forum. *Advances in Nutrition (AN/Adv Nutr)*, vol. 8(4):525–531 .*

A whole-grain food is one for which the product is made with $\geq 30\%$ whole-grain ingredients on a dry-weight basis and more whole-grain ingredients than refined-grain ingredients.