

WW PERSONALPOINTS™ ZEROPOINTS WHOLE GRAINS

- Amaranth
- Ancient grain mix, without seeds
- Barley
- Barley, quick-cooking
- Brown basmati rice
- Brown jasmine rice
- Brown rice
- Brown rice, instant
- Brown rice, quick-cooking
- Brown rice (100%)
- Brown rice–quinoa blend
- Buckwheat
- Bulgur
- Farro
- Freekeh
- Kamut
- Kasha
- Millet
- Quinoa
- Red quinoa
- Rye berries
- Sorghum
- Spelt
- Spelt berries
- Teff
- Tricolor quinoa
- Wheat berries
- Whole-grain sorghum
- Whole-wheat couscous
- Wild rice
- Wild rice–brown rice blend

What makes something a whole grain?

A whole grain contains the three parts of its original kernel. Those are the bran, the endosperm, and the germ.

