

# Love Your Heart With Whole Grains



The names of 20 whole grains (or foods where you might find them) are hidden in this puzzle.

- BARLEY
- BREAD
- BROWN RICE
- BUCKWHEAT
- BULGUR
- CEREAL
- FARO
- GRAHAM FLOUR
- GRITS
- MILLET
- OATMEAL
- POPCORN
- QUINOA
- RYE



- SORGHUM
- SPELT
- TORTILLAS
- WHOLE CORN
- WHOLE WHEAT
- WILD RICE