Bran Flakes

Rye bread with rye ears
Bread and wheat spikes

Whole grains bread with oats
Flour, wheat and grains

Corn on a corn stalk
Whole grain bread and grain

Pita bread
Plate of stacked tortillas

Rice
Rice steaming in a bowl

Rice stems and rice grains
Couscous

Macaroni and cheese
Vegetable fusilli

Uncooked wagon wheel pasta