

# U.S. Products Containing 8 or more grams of Whole Grain (per serving)

Eating grains, especially whole grains provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. The 2010 Dietary Guidelines recommend consuming at least half of all grains as whole grains. Increase whole grain consumption by replacing refined grains with whole grains. Examples of whole grains are whole wheat, whole corn, oatmeal, popcorn, barley and brown rice. Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.

*Last updated August 21, 2023*



## **CHEETOS®**

CHEETOS® Fantastix!® Chili Cheese Flavored Corn and Potato Snacks  
CHEETOS® Fantastix!® Flamin' Hot Flavored Corn and Potato Snacks  
CHEETOS® Reduced Fat Crunchy Cheese Flavored Snacks  
CHEETOS® Reduced Fat Crunchy Flamin' Hot Cheese Flavored Snacks  
CHEETOS® Reduced Fat Crunchy Flamin' Hot Limon Cheese Flavored Snacks  
CHEETOS® Reduced Fat Puffs Flamin' Hot Cheese Flavored Snacks  
CHEETOS® Reduced Fat Puffs Cheese Flavored Snacks



## **FUNYUNS®**

FUNYUNS® Baked Onion Flavored Rings



## **GRANDMA'S®**

GRANDMAS® Mini Bites Blueberry Vanilla Naturally Flavored Big Cookies  
GRANDMAS® Whole Grain Mini Chocolate Chip Big Cookies



**SMARTFOOD® Popcorn**

SMARTFOOD® Reduced Fat White Cheddar Popcorn



**SUNCHIPS® Whole Grain Snacks**

SUNCHIPS® Chile Lime Flavored Multigrain Snacks

SUNCHIPS® French Onion Flavored Multigrain Snacks

SUNCHIPS® Garden Salsa™ Flavored Multigrain Snacks

SUNCHIPS® Harvest Cheddar® Flavored Multigrain Snacks

SUNCHIPS® Organic Chili Lime Flavored Whole Grain Snacks

SUNCHIPS® Organic Garden Salsa Flavored Whole Grain Snacks

SUNCHIPS® Organic White Cheddar Flavored Whole Grain Snacks

SUNCHIPS® Organic Zesty Queso Flavored Whole Grain Snacks

SUNCHIPS® Original Multigrain Snacks