Varieties of Grains

There are tens of thousands of different types of grains in the world. Even rice, a common staple food, has thousands of varieties. No wonder the options can be overwhelming! Here are a few varieties to get you started and comfortable in the world of grains:

**Rice**
- A grain that is best grown in standing water (rice paddies)
- Includes white, brown, “sticky”, jasmine, and wild rice varieties

**Whole Wheat**
- Second largest grain crop in the world
- Unmilled kernels with the bran and germ still intact

**Corn**
- Yes, corn is actually a grain, not a vegetable!
- Also known as maize; domesticated in southern Mexico about 10,000 years ago

**Oats**
- A grain that has a tough outer hull
- Toasted, hulled, steamed, and flattened with giant rollers to make the familiar old-fashioned rolled oats for oatmeal

**Quinoa**
- A flowering plant that is not in the same grass family as most grains
- Harvested for its edible starchy seeds that are extra high in protein
- Nutty and grassy in flavor, with a slightly crunchy but soft texture