Whole-Grain Staple Label Check

Choose the household use and two actual packages to compare.

Use the package's actual ingredient list rather than its color or front-picture impression.

Hypothetical example: A family compares two bread labels for its ordinary lunch use, records the actual ingredient wording, and makes no savings or performance claim.

01 Start with the use in your kitchen

Choose the household use and two actual packages to compare.

Meal using the staple

Package A

Package B

Labels checked on date

02 Read the grain wording itself

Record the grain ingredients exactly as the labels state them.

First ingredient A

First ingredient B

Whole-grain wording A

Whole-grain wording B

Whole-Grain Staple Label Check / Review & follow-through

03 Check the other parts of suitability

Check suitability, preparation, and the real shelf price separately.

Household suitability

Preparation needed

Actual price checked

Unanswered label question

04 Use the decision rather than collecting packages

Record the decision and review how the chosen food was used.

Choice made

Reason for choice

Food actually used

Next shopping adjustment