

Whole Grain Registered Products

The list below shows products which are registered with GLNC and meet the 'contains', 'high in whole grain', 'very high in whole grain' or use the GLNC Daily Target Intake statement.



Last Updated: 04 08 2017

Product Category	Whole Grain Content	Manufacturer	Product name	Country Available
Bread Products	Very High in Whole Grain	ALDI	Bakers Life Wholemeal Bread	AUS only
		ALDI	Bakers Life Wholemeal Sandwich Sliced Bread	AUS only
		ALDI	Bakers Life Wholemeal Sandwich Sliced Bread	AUS only
		ALDI	Artisan Style Bakers Life Lebanese Bread Wholemeal	AUS only
		ALDI	Bakers Life Lebanese Bread Wholemeal 5 Pack	AUS only
		ALDI	Bakers Life Viva Sliced Wholemeal Bread with Vitamins & Minerals	AUS only
		ALDI	Bakers Life Viva Sliced Wholemeal Bread with Vitamins & Minerals	AUS only
		ALDI	Baker's Life Bakehouse Traditional Wholemeal Bread	AUS only
		ALDI	Baker's Life Bakehouse Traditional Wholemeal Bread	AUS only
		Bakers Deligh NZ	Cape Fruit & Nut Loaf	NZ only
		Bakers Deligh NZ	Cape Fruit & Nut Roll	NZ only
		Bakers Deligh NZ	Cape Seed Loaf Large	NZ only
		Bakers Deligh NZ	Cape Seed Loaf Regular	NZ only
		Bakers Deligh NZ	Cape Seed Roll	NZ only
		Bakers Deligh NZ	Chia and Fruit Bun- chia	NZ only
		Bakers Deligh NZ	Chia and Fruit Loaf- chia	NZ only
		Bakers Deligh NZ	Chia and Fruit Loaf- sunflower	NZ only
		Bakers Deligh NZ	Lekkerbrot Loaf	NZ only
		Bakers Deligh NZ	Lekkerbrot Roll	NZ only
		Bakers Deligh NZ	Linseed & Soy Roll	NZ only
Bakers Deligh NZ	Pane di Casa Rye Loaf	NZ only		

Bakers Deligh NZ	Pane di Casa Rye Vienna Roll	NZ only
Bakers Deligh NZ	Wholemeal Block large	NZ only
Bakers Deligh NZ	Wholemeal Block Loaf Small	NZ only
Bakers Deligh NZ	Wholemeal Cob	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Block Loaf	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Block Loaf Small	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Cheese and Herb Scroll	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Cob	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Flour Loaf	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Long Roll	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Round Roll	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Sub Roll	NZ only
Bakers Deligh NZ	Wholemeal Country Grain Tin Vienna	NZ only
Bakers Deligh NZ	Wholemeal Farmer Loaf	NZ only
Bakers Deligh NZ	Wholemeal Flour	NZ only
Bakers Deligh NZ	Wholemeal Flour Loaf - Small	NZ only
Bakers Deligh NZ	Wholemeal Fruit No Sugar Loaf	NZ only
Bakers Deligh NZ	Wholemeal High Tin	NZ only
Bakers Deligh NZ	Wholemeal Knot Roll	NZ only
Bakers Deligh NZ	Wholemeal Long Roll	NZ only
Bakers Deligh NZ	Wholemeal Pane di Casa	NZ only
Bakers Deligh NZ	Wholemeal Pipe	NZ only
Bakers Deligh NZ	Wholemeal Pizza Base	NZ only
Bakers Deligh NZ	Wholemeal Round Roll	NZ only
Bakers Deligh NZ	Wholemeal Sub Roll	NZ only
Bakers Deligh NZ	Wholemeal Sunflower Loaf	NZ only
Bakers Deligh NZ	Wholemeal Tin Vienna	NZ only
Bakers Deligh NZ	Wholemeal Tin Vienna Small	NZ only
Bakers Deligh NZ	Wholemeal Vienna	NZ only
Bakers Delight	Cape Fruit & Nut Loaf	AUS only
Bakers Delight	Cape Fruit & Nut Roll	AUS only
Bakers Delight	Cape Seed Loaf - Large	AUS only

Bakers Delight	Cape Seed Loaf - Regular	AUS only
Bakers Delight	Cape Seed Roll	AUS only
Bakers Delight	Chia and Fruit Bun- chia	AUS only
Bakers Delight	Chia and Fruit Loaf- chia	AUS only
Bakers Delight	Chia and Fruit Loaf- sunflower	AUS only
Bakers Delight	Chia Wholemeal Block Loaf	AUS only
Bakers Delight	Chia Wholemeal Block Loaf - Small	AUS only
Bakers Delight	Chia Wholemeal Round Roll	AUS only
Bakers Delight	Lekkerbrot Loaf	AUS only
Bakers Delight	Pane di Casa Rye Loaf	AUS only
Bakers Delight	Pane di Casa Rye Vienna Roll	AUS only
Bakers Delight	Wholemeal Block	AUS only
Bakers Delight	Wholemeal Block Loaf Small	AUS only
Bakers Delight	Wholemeal Cob	AUS only
Bakers Delight	Wholemeal Country Grain Block Loaf	AUS only
Bakers Delight	Wholemeal Country Grain Block Loaf - Small	AUS only
Bakers Delight	Wholemeal Country Grain Cheese and Herb Scroll	AUS only
Bakers Delight	Wholemeal Country Grain Cob	AUS only
Bakers Delight	Wholemeal Country Grain Flour Loaf	AUS only
Bakers Delight	Wholemeal Country Grain Round Roll	AUS only
Bakers Delight	Wholemeal Country Grain Sub Roll	AUS only
Bakers Delight	Wholemeal Country Grain Tin Vienna	AUS only
Bakers Delight	Wholemeal Farmer Loaf	AUS only
Bakers Delight	Wholemeal Flour	AUS only
Bakers Delight	Wholemeal Flour Loaf - Small	AUS only
Bakers Delight	Wholemeal Fruit Loaf	AUS only
Bakers Delight	Wholemeal High Tin	AUS only
Bakers Delight	Wholemeal Knot Roll	AUS only
Bakers Delight	Wholemeal Long Roll	AUS only
Bakers Delight	Wholemeal Pane di Casa	AUS only
Bakers Delight	Wholemeal Pipe	AUS only
Bakers Delight	Wholemeal Pizza Base	AUS only

Bakers Delight	Wholemeal Round Roll	AUS only
Bakers Delight	Wholemeal Sub Roll	AUS only
Bakers Delight	Wholemeal Sunflower Loaf	AUS only
Bakers Delight	Wholemeal Tin Vienna	AUS only
Bakers Delight	Wholemeal Tin Vienna Small	AUS only
Bakers Delight	Wholemeal Vienna	AUS only
Earlyrise Baking Co	Boundary Road Wholemeal Bread	AUS only
Goodman Feilder	Freya's Quinoa & Flaxseed	NZ only
Goodman Feilder	Freya's Wholemeal Grain	NZ only
Goodman Feilder	Molenberg Grains Plus Toast	NZ only
Goodman Feilder	Country Life Bakery Reduced Wheat Organic Rye	AUS only
Goodman Feilder	Helga's Ancient Grain with Quinoa	AUS only
Goodman Feilder	Helga's Lower Carb Wholemeal & Seed	AUS only
Goodman Feilder	Helga's Mixed Grain Wraps	AUS only
Goodman Feilder	Helga's Traditional Wholemeal	AUS only
Goodman Feilder	Helga's Wholemeal Grain	AUS only
Goodman Feilder	Lawson's Homestead Seed and Grain	AUS only
Goodman Feilder	Lawson's Settlers Grain	AUS only
Goodman Feilder	Lawson's Stonemeal Wholemeal	AUS only
Goodman Feilder	Might Soft BUncle Toby'stercup Wholemeal	AUS only
Goodman Feilder	Mighty Soft Wholemeal Rolls	AUS only
Goodman Feilder	Mighty Soft Wholemeal S/w	AUS only
Goodman Feilder	Mighty Soft Wholemeal S/w	AUS only
Goodman Feilder	Mighty Soft Wholemeal Thick Slice	AUS only
Goodman Feilder	Wonder Smooth Wholemeal Sandwich	AUS only
Goodman Feilder	Wonder Wholemeal Smooth Wholemeal Wraps	AUS only
GWF	Abbott's Village Bakery Farmhouse Wholemeal	AUS only
GWF	Abbott's Village Bakery Grainy Wholemeal Bread	AUS only
GWF	Bazaar Wholemeal Lebanese	AUS only
GWF	Bazaar Wholemeal Pita	AUS only
GWF	Bazaar Wholemeal Pizza Bases	AUS only
GWF	Burgen Pumpkin Seeds	AUS only

	GWF	Burgen Wholemeal & Seeds	AUS only
	GWF	Burgen Wholemeal & Seeds	NZ only
	GWF	Ploughmans Bakery Farmhouse Wholemeal Bread	NZ only
	GWF	Ploughmans Bakery Wholemeal and Grain	NZ only
	GWF	Tip Top Breakfast Toast (Smooth Wholemeal with Fruit)	AUS only
	GWF	Tip Top Super Soft Wholemeal Sandwich Bread	NZ only
	GWF	Tip Top Super Soft Wholemeal Toast	NZ only
	GWF	Tip Top 9 Grain Wholemeal	AUS only
	GWF	Tip Top English Muffins Wholemeal	AUS only
	GWF	Tip Top Sunblest Wholemeal Mini	AUS only
	GWF	Tip Top Sunblest Wholemeal Sandwich	AUS only
	GWF	Tip Top Sunblest Wholemeal Sandwich	AUS only
	GWF	Tip Top Sunblest Wholemeal Thick	AUS only
	GWF	Tip Top The One Wholemeal Sandwich	AUS only
	GWF	Weight Watchers Wholemeal Bread	AUS only
	True Foods	Simson's Pantry Wholegrain 8 pack Wraps	AUS only
	Woolworths	Woolworths Hi Top Traditional Wholemeal Loaf	AUS only
High in Whole Grain	ALDI	Bakers Life Wraps - Wholegrain	AUS only
	ALDI	Bakers Life Wraps - Wholegrain	AUS only
	ALDI	Baker's Life Bakehouse Mixed Grain Bread	AUS only
	Bakers Deligh NZ	Fit2Go Cranberry and Nuts	NZ only
	Bakers Deligh NZ	Fit2Go Fruit and Cinnamon	NZ only
	Bakers Deligh NZ	Wholemeal Country Grain Dinner Roll	NZ only
	Bakers Deligh NZ	Wholemeal Dinner Roll	NZ only
	Bakers Delight	Chia and Fruit Bun- sunflower	AUS and NZ
	Bakers Delight	Fit2Go Cranberry and Nuts	AUS only
	Bakers Delight	Fit2Go Fruit and Cinnamon	AUS only
	Bakers Delight	Lekkerbrot Roll	AUS only
	Bakers Delight	Wholemeal Dinner Roll	AUS only
	General Mills	Old El Paso Whole Grain Tortillas	AUS and NZ
	Goodman Feilder	Helga's Black Rye	AUS only
	Goodman Feilder	Helga's Mixed Grain	AUS only

	GWF	Burgen Rye	AUS only
	GWF	Tip Top Sandwich Thins Wholemeal	AUS and NZ
	GWF	Tip Top The One Mixed Grain Bread	AUS only
	Subway Systems Australia Pty Ltd	Subway Multigrain Wraps	AUS only
	Woolworths	Woolworths Hi Top Traditional Mixed Grain Loaf	AUS only
	Woolworths	Woolworths Soft Whole Grain Wraps	AUS only
Contains Whole Grain	ALDI	Bakers Life Multigrain Bread	AUS only
	ALDI	Bakers Life Multigrain Bread	AUS only
	ALDI	Bakers Life Grain Wise Bread	AUS only
	ALDI	Grain Wise Bakers Life Sliced Bread 9 Grain	AUS only
	ALDI	Bakers Life Traditional Mixed Grain Rolls	AUS only
	ALDI	Bakers Life Traditional Mixed Grain Rolls	AUS only
	ALDI	Bakers Life Traditional Mixed Grain Rolls	AUS only
	ALDI	Kornig Bakers Life Lower Carb Wraps	AUS only
	ALDI	Baker's Life Bakehouse Mixed Grain Bread	AUS only
	Bakers Deligh NZ	Country Grain Block	NZ only
	Bakers Deligh NZ	Country Grain Flour Loaf	NZ only
	Bakers Deligh NZ	Country Grain Tin Vienna	NZ only
	Bakers Deligh NZ	Linseed & Soy Loaf	NZ only
	Bakers Delight	Country Grain Tin Vienna	AUS only
	Bakers Delight	Linseed & Soy Loaf	AUS only
	Earlyrise Baking Co	Boundary Road Mixed Grains Bread	AUS only
	General Mills	Old El Paso Mini Stand 'N Stuff Whole Grain Tortillas 12pk	AUS and NZ
	General Mills	Old El Paso Mini Whole Grain Tortillas	AUS only
	General Mills	Old El Paso Stand 'N Stuff Whole Grain Tortillas 8pk	AUS and NZ
	Goodman Feilder	Molenberg Original Long Rolls	NZ only
	Goodman Feilder	Quality Bakers Wholegrain Muffin Splits	NZ only
	Goodman Feilder	Buttercup Multigrain	AUS only
	Goodman Feilder	Helga's Gluten Free Wholemeal Bread	AUS only
	Goodman Feilder	Helga's Lower Carb Wholemeal Wraps	AUS only
	Goodman Feilder	Helga's Schinkenbrot	AUS only
	Goodman Feilder	Mighty Soft Multigrain Rolls	AUS only
Goodman Feilder	Mighty Soft Multigrain S/w	AUS only	

Goodman Feilder	Mighty Soft Multigrain S/w	AUS only
Goodman Feilder	Molenberg 12 Grains & Seed Original S/w	AUS only
Goodman Feilder	Molenberg 12 Grains & Seed Original Toast	AUS only
Goodman Feilder	Wonder White Smooth Wholegrain	AUS only
GWF	Abbott's Village Bakery Country Grains	AUS only
GWF	Abbott's Village Bakery Oats, Grains and Sunflower Seeds	AUS only
GWF	Burgen Fruit	NZ only
GWF	Burgen Fruit & Muesli	AUS only
GWF	Burgen Mixed Grain Sandwich	NZ only
GWF	Burgen Mixed Grain Toast	NZ only
GWF	Burgen Wholegrain & Oats	AUS only
GWF	Golden Wholemeal Crumpets	AUS only
GWF	Ploughmans Bakery Country Grain	NZ only
GWF	Tip Top Goodness Grains Original Swiss Superthick Bread	NZ only
GWF	Tip Top Goodness Grains Original Swiss Toast	NZ only
GWF	Tip Top Super Soft Multigrain Toast	NZ only
GWF	Tip Top Super Soft Oat Bun 6 pk	NZ only
GWF	Tip Top Super Soft Oat Roll 6 pk	NZ only
GWF	Tip Top Super Soft Oatlicious Toast	NZ only
GWF	Tip Top 9 Grain Original	AUS only
GWF	Tip Top 9 Grain Original Mini	AUS only
GWF	Tip Top Café Breakfast Toast	AUS only
GWF	Tip Top Sandwich Thins Original	AUS and NZ
GWF	Tip Top Sunblest Multigrain Sandwich	AUS only
GWF	Tip Top Sunblest Multigrain Toast	AUS only
GWF	Tip Top Sunblest Multigrain Sandwich	AUS only
GWF	Weight Watchers Multigrain Bread	AUS only

Breakfast Cereal

Very High in Whole Grain

ALDI	Goldenvale Fruit Free Muesli	AUS only
ALDI	Goldenvale Balanced Right	AUS only
ALDI	Goldenvale Balanced Right	AUS only
ALDI	Goldenvale Rolled Oats	AUS only
ALDI	Goldenvale Apricot and Almond Muesli	AUS only

ALDI	Goldenvale Fruit and Nut Muesli	AUS only
ALDI	Goldenvale Oats Sensations Variety Pack (Apple & Raspberry Variant)	AUS only
ALDI	Goldenvale Oats Sensations Variety Pack (Berry Variant)	AUS only
ALDI	Goldenvale Oats Sensations Variety Pack (Apricots & Grains Variant)	AUS only
ALDI	Goldenvale Wheat Biscuits	AUS only
ALDI	Goldenvale® Quick Oats	AUS only
ALDI	Goldenvale Morning Start Cereal Fruit And Nut	AUS only
ALDI	Goldenvale Morning Start Cereal Summer Burst	AUS only
ALDI	Just Organic Cranberry & Almond Muesli	AUS only
ALDI	Just Organic Toasted Muesli	AUS only
ALDI	Goldenvale Wheat Biscuits	AUS only
Carman's Fine Foods	Almond, Coconut & Chia Porridge	AUS only
Carman's Fine Foods	Almond, Pecan & Maple Clusters	AUS only
Carman's Fine Foods	Apple, Sultana & Cinnamon Porridge	AUS only
Carman's Fine Foods	Blueberry, Coconut & Almond Clusters	AUS only
Carman's Fine Foods	Cocoa, Cranberry & Roasted Nut Clusters	AUS only
Carman's Fine Foods	Cranberry, Apple & Nut Clusters	AUS only
Carman's Fine Foods	Honey Roasted Nut Clusters	AUS only
Carman's Fine Foods	Honey Roasted Nut Porridge	AUS only
Carman's Fine Foods	Honey, Vanilla & Cinnamon Porridge	AUS only
Carman's Fine Foods	Natural Apple, Date & Cinnamon Muesli	AUS only
Carman's Fine Foods	Natural Bircher Muesli ☑	AUS only
Carman's Fine Foods	Original Fruit Free Muesli	AUS only
Carman's Fine Foods	Super Berry & Coconut Porridge	AUS only
Carman's Fine Foods	Super Berry Muesli	AUS only
Freedom Foods	Freedom Foods Porridge	AUS only
Freedom Foods	Freedom Foods Crunchola Berries & Vanilla Clusters	AUS only
Freedom Foods	Freedom Foods Crunchola Apple & Cinnamon Clusters	AUS only
Freedom Foods	Freedom Foods Crunchola Apple & Blueberry Juice Clusters	AUS only
Freedom Foods	Freedom Foods Crunchola Apples & Blueberry Juice Clusters	AUS only
Green's General Foods Pty Ltd	Lowan Apricot & Almond Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Bircher Apple & Cinnamon Natural Muesli	AUS and NZ

Green's General Foods Pty Ltd	Lowan Fruit & Nut Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Light Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Original Harvest Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Swiss Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Tropical Natural Muesli	AUS and NZ
Green's General Foods Pty Ltd	Lowan Whole Grain Quick Oats	AUS and NZ
Green's General Foods Pty Ltd	Lowan Whole Grain Rolled Oats	AUS and NZ
Green's General Foods Pty Ltd	Seven Sundays Spiced Apple & Quinoa Porridge	AUS and NZ
Green's General Foods Pty Ltd	Seven Sundays Blueberry & Buckwheat Porridge	AUS and NZ
Kellogg	All-Bran High Fibre Muesli Cranberry & Pink Lady Apple with Pepita Seeds	AUS only
Kellogg	Be Natural Organics Golden Whole Grain Bites Cinnamon	AUS and NZ
Kellogg	Be Natural Organics Golden Whole Grain Bites Original	AUS and NZ
Kellogg	Just Right Original	AUS and NZ
Nestle/CPW	Morning Sun 97% Fat Free Fruit Muesli	AUS only
Nestle/CPW	Morning Sun Muesli Nat Apr&Alm	AUS only
Nestle/CPW	Morning Sun Muesli Nat Peh&Pcn	AUS only
Nestle/CPW	O&G Chunky Oatmeal Cranberry Strawberry & Sliced Almonds	AUS only
Nestle/CPW	O&G Crunchy Granola Apple, Coconut & Quinoa	AUS only
Nestle/CPW	O&G Crunchy Granola Blueberry, Coconut & Quinoa	AUS only
Nestle/CPW	O&G Crunchy Granola Cashew Nut, Almond & Quinoa	AUS only
Nestle/CPW	O&G Granola Clusters Almond & Vanilla	AUS only
Nestle/CPW	O&Ggranola Clusters Cranberry, Hazelnut & Pepita	AUS only
Nestle/CPW	Oatcrisp Raspberry & Coconut	AUS only
Nestle/CPW	Oats Quick Cup Honey	AUS and NZ
Nestle/CPW	Oats Quick Cup Vanilla	AUS and NZ
Nestle/CPW	Oats Quick Sachet Creamy Honey Big Bowl	AUS and NZ
Nestle/CPW	Quick Sachet Apple Cinnamon	AUS only
Nestle/CPW	Quick Sachet Berry Variety	AUS only
Nestle/CPW	Quick Sachets Golden Syrup	AUS only
Nestle/CPW	Quick Sachets Gourmet Temptations Fig, Sultana and Maple	AUS only
Nestle/CPW	Steel Cut Oats	AUS only
Nestle/CPW	Uncle Toby's Ancient Grains	AUS and NZ

Nestle/CPW	Uncle Toby's Big Bowl Original Quick Sachet Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Natural Style Muesli - Swiss	AUS only
Nestle/CPW	Uncle Toby's O&G Chunky Oatmeal - Honey Fig & Macadamia	AUS only
Nestle/CPW	Uncle Toby's Original Quick Sachet Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Plus Muesli Flakes	AUS only
Nestle/CPW	Uncle Toby's Quick Sachet Vanilla Variety	AUS only
Nestle/CPW	Uncle Toby's Quick Sachet Brown Sugar & Cinnamon Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Quick Sachet Caramel Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Quick Sachet Creamy Vanilla Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Quick Sachet Hi Fibre Oats	AUS only
Nestle/CPW	Uncle Toby's Quick Sachet Honey & Banana Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Quick Sachet Multigrain Variety Pack	AUS only
Nestle/CPW	Uncle Toby's Shredded Wheat	AUS only
Nestle/CPW	Uncle Toby's Steel Cut Quick Cook	AUS and NZ
Nestle/CPW	Uncle Toby's Weeties	AUS only
Nestle/CPW	Uncle Toby's Oat Brits	AUS only
Nestle/CPW	Uncle Toby's Oat Crisp Honey and Macadamia	AUS only
Nestle/CPW	Uncle Toby's Oat Crisp Almond	AUS and NZ
Nestle/CPW	Uncle Toby's Oat Crisp Blueberry & Vanilla	AUS only
Nestle/CPW	Uncle Toby's Quick Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Traditional Oats	AUS and NZ
Nestle/CPW	Uncle Toby's Vita Brits	AUS only
Sanitarium AUS	Weet Bix Energize	AUS only
Sanitarium AUS	Weet Bix Bites Apricot	AUS and NZ
Sanitarium AUS	Weet Bix Bites Crunchy Honey	AUS and NZ
Sanitarium AUS	Weet Bix Bites Wild Berry	AUS and NZ
Sanitarium AUS	Weet Bix Energize Bites	AUS and NZ
Sanitarium AUS	Weet Bix Kids	AUS only
Sanitarium AUS	Weet Bix Multigrain	AUS and NZ
Sanitarium AUS	Weet Bix Organic	AUS only
Sanitarium AUS	Weet Bix Original	AUS and NZ
Sanitarium AUS	Weet Bix Original	AUS and NZ

	Sanitarium AUS	Weet-Bix Bites Banana Blast	AUS only
	Sanitarium AUS	Weet-Bix Blends Cranberry & Coconut	AUS and NZ
	Sanitarium AUS	Weet-Bix Gluten Free	AUS only
	Sanitarium AUS	Weet-Bix Gluten Free Coconut & Cinnamon	AUS and NZ
	Sanitarium NZ	Sanitarium Weeties	NZ only
	Sanitarium NZ	Weet- Bix Oat Bran	NZ only
	Sanitarium NZ	Weet-Bix Original	NZ only
	Woolworths	Macro 100% Australian Muesli	AUS and NZ
	Woolworths	Macro Muesli with Coconut, Almond & Maple Flavour	AUS and NZ
	Woolworths	Macro Muesli with Cranberries, Blueberries, Cherries & Raspberries	AUS and NZ
	Woolworths	Macro Organic Australian Whole Grain Steel Cut Oats	AUS and NZ
	Woolworths	Macro Organic Muesli with Coconut	AUS only
	Woolworths	Macro Organic Muesli with Fruit, Nuts and Seeds	AUS and NZ
	Woolworths	Macro Organic Quick Oats Sachets (10 Pack)	AUS only
	Woolworths	Select Apricot, Almond & Date Wholesome Muesli	AUS only
	Woolworths	Select Low Fat Untoasted Wholesome Muesli	AUS only
	Woolworths	Select Original Toasted Honey & Cinnamon Wholesome Muesli	AUS only
	Woolworths	Select Summer Fruits Wholesome Muesli	AUS only
High in Whole Grain	ALDI	Goldenvale Omega 3 Crunchy	AUS only
	ALDI	Goldenvale Choco Rush	AUS only
	ALDI	Goldenvale Super Premium Gourmet Muesli Go Go Goji	AUS only
	ALDI	Specially Selected Belgian Chocolate Cereal Choc De Licious	AUS only
	ALDI	Specially Selected Belgian Chocolate Cereal Chocolate Caramel Cereal	AUS only
	ALDI	Goldenvale Bran and Sultanas	AUS only
	ALDI	Goldenvale Muesli Clusters Fruity	AUS only
	ALDI	Goldenvale muesli clusters Maple & Pecan	AUS only
	Freedom Foods	Freedom Foods Toasted Muesli	AUS only
	Green's General Foods Pty Ltd	Lowan Honey Oats	AUS and NZ
	Green's General Foods Pty Ltd	Lowan Strawberry Oats	AUS and NZ
	Kellogg	All-Bran Honey Almond	AUS only
	Kellogg	All-Bran Wheat Flakes	AUS and NZ
	Kellogg	Be Natural 5 Whole Grain Flakes	AUS and NZ

	Kellogg	Be Natural Coconutty Granola Coconut, Spelt & Fig	AUS and NZ
	Kellogg	Be Natural Coconutty Granola Coconut, Almond, Spelt & Cinnamon	AUS and NZ
	Kellogg	Be Natural Pink Lady Apple & Flame Raisin	AUS only
	Kellogg	Just Right Fruit & Nut Fusion	NZ only
	Kellogg	Just Right Goji Berries, Cranberries & Sultana	NZ only
	Kellogg	Sultana Bran	AUS and NZ
	Kellogg	Sultana Bran with Oat Clusters	AUS and NZ
	Kellogg	Sustain	AUS only
	Nestle/CPW	Gourmet Temptations Fruit Harvest	AUS and NZ
	Nestle/CPW	Milo Clusters	AUS only
	Nestle/CPW	Nesquick	AUS and NZ
	Nestle/CPW	Uncle Toby's Low Sugar Cheerios	AUS only
	Nestle/CPW	Uncle Toby's Omega Plus	AUS only
	Nestle/CPW	Uncle Toby's Plus Calcium	AUS only
	Nestle/CPW	Uncle Toby's Plus Fibre	AUS only
	Nestle/CPW	Uncle Toby's Plus Iron	AUS only
	Nestle/CPW	Uncle Toby's Protein Plus	AUS only
	Nestle/CPW	Uncle Toby's Quick Sachet Classic Variety Pack Oats	AUS and NZ
	Nestle/CPW	Uncle Toby's Quick Sachet Creamy Honey Oats	AUS and NZ
	Nestle/CPW	Uncle Toby's Quick Sachet Fruit Variety Pack Oats	AUS and NZ
	Nestle/CPW	Uncle Toby's Cheerios Multigrain	AUS and NZ
	Nestle/CPW	Uncle Toby's Honey Cheerios	AUS and NZ
	Nestle/CPW	Uncle Toby's Oatflakes	AUS only
	Sanitarium AUS	Weet Bix Hi Bran	AUS and NZ
	Sanitarium NZ	Fibre Life Bran Flakes	NZ only
	Woolworths	Macro Muesli with Cranberry, Cashew & Cacao	AUS and NZ
	Woolworths	Woolworths Bran Flakes and Sultanas	AUS only
Contains Whole Grain	ALDI	Goldenvale Extras- Fruit & Fibre Hi Fibre	AUS only
	ALDI	Goldenvale Extras Antioxidant Sultana and Berry	AUS only
	ALDI	HAS NO Gluten Free Muesli Almond & Vanilla	AUS only
	ALDI	Goldenvale Special Flakes - Field Berries	AUS only
	ALDI	Goldenvale Special Flakes - Natural	AUS only

ALDI	Goldenvale Special Flakes - Peach & Apricot	AUS only
ALDI	Goldenvale Super Premium Gourmet Muesli Cherry Chia	AUS only
ALDI	Breakfast Cereal Goldenvale® POWERGRAIN®	AUS only
Carman's Fine Foods	Maple, Pear and Almond Oat Slice	AUS only
Freedom Foods	Freedom Foods Multigrain Sultana Flakes	AUS only
Freedom Foods	Freedom Foods Active Balance Multigrain & Cranberry	AUS only
Freedom Foods	Freedom Foods Active Balance Buckwheat & Quinoa	AUS only
Freedom Foods	Freedom Foods Ancient Grain Flakes	AUS only
Freedom Foods	Freedom Foods Toasted Muesli Vanilla Flavour	AUS only
Kellogg	Be Natural Cashew, Almond, Hazelnut & Coconut	AUS only
Kellogg	Coco Pops Chocos	AUS and NZ
Kellogg	Special K Forest Berries	NZ only
Kellogg	Special K Fruit & Nut	NZ only
Kellogg	Special K Honey Almond	AUS only
Kellogg	Special K Nourish with Blackcurrant, Apple & Pepitas	AUS and NZ
Kellogg	Special K Original	AUS and NZ
Kellogg	Special K Nourish Cashew, Macadamia, Coconut	AUS and NZ
Nestle/CPW	Milo Cereal	AUS and NZ
Nestle/CPW	Milo Duo	AUS and NZ
Nestle/CPW	Uncle Toby's Plus Antioxidant	AUS and NZ
Nestle/CPW	Uncle Toby's Bran Plus	AUS only
Nestle/CPW	Uncle Toby's Fruity Bites	AUS and NZ
Nestle/CPW	Uncle Toby's Healthwise	AUS only
Woolworths	Woolworths Max Charge	AUS only

Breakfast Biscuits	Very High in Whole Grain	Sanitarium AUS	Weet Bix Go Apple Cinnamon twist	AUS only
		Sanitarium AUS	Weet Bix Go Apricot Coconut flavour fusion	AUS only
		Sanitarium AUS	Weet Bix Go Honey & Oat Crunch	AUS only
		Sanitarium AUS	Weet Bix Go Wild Berry Burst	AUS only
	High in Whole Grain	Kellogg	Kellogg's Baked Muesli Breakfast Biscuits Cranberries & Almonds with a hint of honey	AUS and NZ
		Kellogg	Kellogg's Baked Muesli Breakfast Biscuits Orange Peel & Chia Seeds	AUS and NZ
		Mondelez	belVita Breakfast Biscuits - Cranberry	AUS and NZ

		Mondelez	belVita Breakfast Biscuits - Chocolate	AUS and NZ
		Sanitarium AUS	Weet-Bix GO Banana & Honey	AUS only
		Sanitarium AUS	Weet-Bix GO Vanilla Macadamia	AUS only
	Contains Whole Grain	Mondelez	belVita Breakfast Biscuits - Muesli	AUS and NZ
		Mondelez	belVita Breakfast Biscuits - Fruit & Fibre	AUS and NZ
		Mondelez	belVita Breakfast Biscuits - Honey & Nut	AUS and NZ
		Mondelez	belVita Breakfast Biscuits - Milk & Cereals	AUS and NZ
		Mondelez	belVita Breakfat Yoghurt Crunch	AUS and NZ
		Mondelez	belvita Breakfast Yoghurt Crunch - Strawberry	AUS and NZ
		Sanitarium AUS	Oats 2 Go - Banana and Honey	AUS only
		Sanitarium AUS	Oats 2 Go - Cocoa	AUS only
		Sanitarium AUS	Oats 2 Go - Creamy Vanilla	AUS only
Crackers	High in Whole Grain	Griffins Foods	Huntley & Palmers Wholegrain Crackers - 8 Grain	NZ only
		Griffins Foods	Huntley & Palmers Wholegrain Crackers - Original Mixed Grain	NZ only
	Contains Whole Grain	ALDI	Damora Vita Grain Linseed and Soy Wholegrain Crackers	AUS only
		ALDI	Damora Vita Grain Original Wholegrain Crackers	AUS only
		ALDI	Damora Vita Grain Salt and Cracked Pepper Wholegrain Crackers	AUS only
		Griffins Foods	Huntley & Palmers 10 Grain & Seeds Cracker Thins - Linseed & Soy	NZ only
		Griffins Foods	Huntley & Palmers 10 Grain & Seeds Cracker Thins - Toasted Sesame & Chia	NZ only
		Griffins Foods	Huntley & Palmers Wholegrain Crackers - 8 Grain	NZ only
		Griffins Foods	Huntley & Palmers Wholegrain Crackers - Original Mixed Grain	NZ only
		Tuckers Natural	Tucker's Natural Multifibre Quinoa	AUS and NZ
Tuckers Natural	Tucker's Natural Supergrains	AUS and NZ		
Grain Alternatives	Very High in Whole Grain	ALDI	Inner Goodness Long Life Oat Milk 1L	AUS only
		ALDI	Choices ME'N'U Vegetarian Burgers	AUS only
Grains	Very High in Whole Grain	ALDI	Oh So Natural Organic Quinoa Tricolour	AUS only
		ALDI	Oh So Natural Organic Quinoa White e	AUS only
		ALDI	Imperial Grain Quinoa & Vegetable Cup Green Asparagus & Capsicum Piquillo Peppers	AUS only

ALDI	Imperial Grain Quinoa & Vegetable Cup Quinoa with Sweet Peppers	AUS only
ALDI	Imperial Grain Quinoa & Vegetable Cup Zucchini and Onion	AUS only
ALDI	Oh So Natural Quinoa Organic Tricolour	AUS only
ALDI	Oh So Natural Quinoa Organic White	AUS only
Woolworths	Macro Snack Pot Quinoa Currants & Coconut	AUS only
Woolworths	Macro Snack Pot Quinoa Original	AUS only
Woolworths	Macro Snack Pot Quinoa Tomato & Basil	AUS only



Muesli and Grain Based Bars	Very High in Whole Grain	Carman's Fine Foods	Classic Fruit and Nut Muesli	AUS only
		General Mills	Nature Valley Coconut Crisp	AUS and NZ
		General Mills	Nature Valley Dark Chocolate	AUS and NZ
		General Mills	Nature Valley Maple Crunch	AUS and NZ
		General Mills	Nature Valley Oats & Honey	AUS and NZ
		General Mills	Nature Valley Variety Pack	AUS and NZ
	High in Whole Grain	ALDI	Hillcrest Crunchy Granola Bars – Oat & Honey (6-pack)	AUS only
		ALDI	Hillcrest Premium Apricot Muesli Bars	AUS only
		ALDI	Hillcrest Premium Fruity Muesli Bars	AUS only
		ALDI	Hillcrest Premium Original Muesli Bars (6-pack)	AUS only
		ALDI	Hillcrest Crunchy Granola Bars Maple Syrup	AUS only
		ALDI	Hillcrest Crunchy Granola Bars – Peanut Butter (6-pack)	AUS only
		Carman's Fine Foods	Classic Fruit and Nut Muesli Bar	AUS only
		Carman's Fine Foods	Original Fruit Free Muesli Bar	AUS only
		Carman's Fine Foods	Super Berry Muesli Bar	AUS only
		Freedom Foods	Freedom Foods Crunchola Chewy Choc Chip	AUS only
		Kellogg	Be Natural Crunchy Granola & Seeds bar Choc Chip Chia	AUS and NZ
		Kellogg	Be Natural Crunchy Granola & Seeds bar Golden Honey Linseed	AUS and NZ
		Nestle/CPW	Uncle Toby's Chewy White Choc Chip & Raspberry Muesli Bars	AUS only
		Nestle/CPW	Uncle Toby's ChewyFruits of the Forest	AUS only
Nestle/CPW	Uncle Toby's Chewy White Chocolate Chip	AUS only		
Nestle/CPW	Uncle Toby's Yoghurt Top Strawberry	AUS only		

	Nestle/CPW	Uncle Toby's Yoghurt Top Rapsberry	AUS only
	Nestle/CPW	Uncle Toby's Yoghurt Top Apricot	AUS only
	Nestle/CPW	Uncle Toby's Yoghurt Top Honeycomb	AUS only
	Nestle/CPW	Uncle Toby's Yoghurt Top Mango & Passionfruit	AUS only
Contains Whole Grain	ALDI	Hillcrest Muesli bars – Choc Squiggle 8 bars	AUS only
	ALDI	Hillcrest Muesli Bars Yoghurt Multipack - Strawberry & Yoghurt	AUS only
	ALDI	Hillcrest Muesli Bars Yoghurt Multipack - Tropical & Yoghurt	AUS only
	Carman's Fine Foods	Apricot Muesli Bites	AUS only
	Carman's Fine Foods	Belgian Chocolate Brownie Oat Slice	AUS only
	Carman's Fine Foods	Berry Muesli Bites	AUS only
	Carman's Fine Foods	Cranberry & Blueberry Oat Slice	AUS only
	Carman's Fine Foods	Fruit Muesli Bites	AUS only
	Carman's Fine Foods	Golden Oat & Coconut Oat Slice	AUS only
	Freedom Foods	Freedom Foods Crunchola Chewy Apple & Cinnamon	AUS only
	Freedom Foods	Freedom Foods Crunchola Chewy Apricot, Coconut & Chia	AUS only
	Kellogg	Be Natural Muesli & Quinoa bars Almond, Cashew & Peanuts	AUS and NZ
	Kellogg	Be Natural Muesli & Quinoa bars Blueberry, Choc, Almond & Coconut	AUS and NZ
	Kellogg	Be Natural Muesli & Quinoa bars Goji, Cranberry, Pepitas, Almond & Chia	AUS and NZ
	Kellogg	LCMs Oaty Bubble bar Original	AUS and NZ
	Kellogg	LCMs Oaty Bubble bar Strawberry & Apple flavour	AUS and NZ
	Nestle/CPW	Uncle Toby's Crunchy Choc Chip	AUS only
	Nestle/CPW	Uncle Toby's Farmers Pick Almond & Blueberry	AUS only
	Nestle/CPW	Uncle Toby's Farmers Pick Fig & Apricot	AUS only
	Nestle/CPW	Uncle Toby's Farmers Pick Roasted Macadamia & Almond	AUS only
	Nestle/CPW	Uncle Toby's Oat Slice Apple Cinnamon	AUS only
	Nestle/CPW	Uncle Toby's Oat Slice Choc	AUS only
	Pinnacle Bakery & Integrated Ingredients	The Good Going Bakery Blueberry & Chia Daily Bars	AUS only
Pinnacle Bakery & Integrated Ingredients	The Good Going Bakery Oat, Honey & Fruit Daily Bars	AUS only	

		Woolworths	Homebrand Choc Chip Muesli Bar	AUS only
		Woolworths	Homebrand Yoghurt Strawberry Flavoured Muesli Bar	AUS only
		Woolworths	Select Chewy Choc Chip Muesli Bar	AUS only
		Woolworths	Select Choc Honeycomb Muesli Bar	AUS only
		Woolworths	Select Yoghurt Strawberry Flavoured Muesli Bar	AUS only
Pasta, Noodles, Couscous	Very High in Whole Grain	ALDI	Just Organic Wholemeal Spaghetti	AUS only
		The Green Group	Yoodles Beef Flavour Brown Rice Noodle Cup	AUS only
		The Green Group	Yoodles Chicken Flavour Brown Rice Noodle Cup	AUS only
Ready Meal	Very High in Whole Grain	McCain Foods	Healthy Choice Wholegrains Beef & Chia Meatballs with Wholemeal Spaghetti.	Aus only
		McCain Foods	Healthy Choice Wholegrains Chicken & Roasted Cherry Tomato	Aus only
		McCain Foods	Healthy Choice Wholegrains Chicken and Mushroom Risotto	Aus only
		McCain Foods	Healthy Choice Wholegrains Japanese Teriyaki Chicken	Aus only
		McCain Foods	Healthy Choice Wholegrains Malaysian Beef Curry	Aus only
		McCain Foods	Healthy Choice Wholegrains Moroccan Lamb Tagine	Aus only
		McCain Foods	Healthy Choice Wholegrains Roasted Pumpkin & Parmesan Pasta	Aus & NZ
		McCain Foods	Healthy Choice Wholegrains Slow Cooked Beef Ragu	Aus only
		McCain Foods	Healthy Choice Wholegrains Slow Cooked Mexican Beef	Aus only
		McCain Foods	Healthy Choice Wholegrains Thai Beef & Basil Stirfry	Aus only
		Simplot Australia	Lean Cuisine Steam Japanese Sesame Beef with Noodles	AUS only
		Simplot Australia	Lean Cuisine Steam Mexican Chicken with Brown Rice and Quinoa	AUS only
		Simplot Australia	Lean Cuisine Steam Moroccan Chicken with Spiced Lentils and Wholemeal Couscous	AUS only
		Simplot Australia	Lean Cuisine Steam Slow Cooked Chicken, Chick Pea Curry with Brown Rice and Quinoa	AUS only
		Simplot Australia	Lean Cuisine Steam Spanish Chicken & Chorizo with Brown and Wild Rice	AUS only
		Simplot Australia	Lean Cuisine Wholegrain Beef Lasagne	AUS only
		Simplot Australia	Lean Cuisine Wholegrain Beef Rendang and Rice	AUS only
		Simplot Australia	Lean Cuisine Wholegrain Pumpkin, Spinach & Ricotta Lasagne	AUS only
		Simplot Australia	Lean Cuisine Wholegrain Vegetable Cannelloni	AUS only
		Vesco Foods	Super Nature Chicken, Porcini Mushroom & Truffle Risotto	AUS only

		Vesco Foods	Super Nature BUncle Toby'ster Chicken & Ancient Grain Mix	AUS only
		Vesco Foods	Super Nature Chicken Teriyaki Bento	AUS only
		Vesco Foods	Super Nature Slow Cooked Lamb Ragu Pasta	AUS only
High in Whole Grain		ALDI	International Cuisine Health & Vitality Teriyaki Chicken	AUS only
		Simplot Australia	International Cuisine Health and Vitality Mexican Chicken	AUS only
Source of Whole		Simplot Australia	International Cuisine Health and Vitality Teriyaki Chicken	AUS only

Rice	Very High in Whole Grain	ALDI	Imperial Grain Flavoured Microwaveable Rice Garden Vegetable Brown Rice	AUS only
		ALDI	Imperial Grain Microwaveable Brown Rice Long Grain Brown Rice	AUS only
		ALDI	Imperial Grain Brown Rice Cups Brown ex Ricegrowers	AUS only
		ALDI	Imperial Grain Australian Brown Rice	AUS only
		ALDI	Imperial Grain Chicken Flavoured Brown Rice Cups Chicken Flavoured Brown Rice Cups	AUS only
		ALDI	Imperial Grain Premium Rice & Grain Blend Ancient Grain Blend	AUS only
		ALDI	Imperial Grain Premium Rice & Grain Blend Harvest Rice Blend	AUS only
		ALDI	Imperial Grain Brown Rice & Grains Microwaveable Pouches Ancient Grains Plus More	AUS only
		ALDI	Imperial Grain Brown Rice & Grains Microwaveable Pouches Brown Rice & Quinoa	AUS only
		ALDI	Imperial grain Brown Rice & Grains Microwaveable Pouches Brown Rice & Chia Seed	AUS only
		ALDI	Imperial Grain Rice & Grains Microwavable Cups 2pk	AUS only
		ALDI	Imperial Grain Rice & Grains Microwavable Cups 2pk Rice & Chia	AUS only
		ALDI	Imperial Grain Rice & Grains Microwavable Cups 2pk Rice & Quinoa	AUS only
		SunRice	SunRice Super Brown Rice	AUS and NZ

Snacks	Very High in Whole Grain	ALDI	Blackstone Sour Cream & Chives Flavoured Wholegrain Chips	AUS only
		ALDI	Blackstone Sweet Chilli Flavoured Wholegrain Chips	AUS only
	High in Whole Grain	ALDI	Essential Health Protein Ball Mix Cacao & Almond	AUS only
		ALDI	Essential Health Protein Ball Mix Coconut & Chia	AUS only
	Source of Whole Grain	ALDI	Chazoos Popcorn Multipack	AUS only
		Nestle/CPW	Milo Stars	AUS only
		Nestle/CPW	Uncle Toby's Space Bites Honey	AUS only
Nestle/CPW	Uncle Toby's Space Bits Strawberry Smoothie	AUS only		

Pinnacle Bakery & Integrated Ingredients	The Good Going Bakery Apple, Oat, & Chia Daily Muffins	AUS only
Pinnacle Bakery & Integrated Ingredients	The Good Going Bakery Berry & Quinoa Daily Muffins	AUS only
Woolworths	Macro Air Popped Corn, Barbecue	AUS only
Woolworths	Macro Air Popped Corn, Cheese	AUS only
Woolworths	Macro Air Popped Corn, Sea Salt	AUS only

