

Whole Grain Preparation Chart



Intact whole grains are super healthy and should be eaten by all of us every day! They are high in fiber, essential minerals and protective antioxidants. But what is an “intact whole grain”? Intact whole grains are foods that you eat in the whole form without any processing; for example, brown rice and oats are intact whole grains but white rice and instant oatmeal are not. There are many intact whole grains out there to choose from. See the chart below for a guide on how to prepare intact whole grains.

Whole grain (1 cup)	Amount of liquid	Cooking Time	Yield
Amaranth (GF)	3 cups	15-20 minutes	2 1/3-3 cups
Brown rice (GF)	2 cups	30 minutes	3 cups
Brown rice farina (GF)	3 cups	10 minutes	3 cups
Buckwheat groats (GF)	2 cups	15 minutes	2 ½-3 cups
Corn grits (GF)	3 cups	10 minutes	3 ½-4 cups
Kamut, soak overnight and rinse before cooking	3 cups	30-45 minutes	4 cups
Oates, steel cut (GF)	2 cups	30 minutes	2-2 ½ cups
Oats, rolled (GF)	2 cups	10 minutes	2-2 ½ cups
Quinoa, rinsed well(GF)	2 cups	15-20 minutes	3 cups
Teff (GF)	3 cups	10 minutes	2 ½-3 cups
Wheat berries	3 ½ cups	60 minutes	2-2 ½ cups
Whole wheat bulgur	2 cups	12-15 minutes	2 ½ cups

GF = Naturally gluten free grain; if you are following a gluten free diet, please be sure that these grains are free of gluten cross-contamination

Table adapted from Living Without Magazine, September 2010