Grains Word Search

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Search for these foods from the Grain Group in the word search below. Some of these grains may be new to you, but try looking for them in the supermarket and then try a new recipe. Maybe you will find a new favorite!

BARLEY  BULGUR  CORNMEAL
COUSCOUS  GRANOLA  OATMEAL
PASTA  QUINOA  RICE
TORTILLA

Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.