



## Acknowledgments

The **Whole Grains Council** and **Oldways** are grateful to all of the many individuals and organizations who have contributed their support, time, and efforts to help make this conference a success.

Many thanks to the Founding Members who were among the first to make a commitment to the Oldways Whole Grains Council and its mission. We have been fortunate to be joined by other individuals and companies since 2003, and we also thank them for their support. (All WGC Members are listed on the following pages, with Founding Members in bold.)

Special thanks also to the Scientific and Culinary Advisors of the Whole Grains Council. Our advisors are listed at the end of this section. Whether the Culinary Committee is inspiring us with great recipes and tips, or the Scientific Committee is helping us answer thorny questions from consumers and Member companies, we are honored to work with these two diverse and dedicated groups.

The Oldways Whole Grains Council also wishes to express special thanks to the sponsors of the 2018 Seattle Whole Grains Conference: **Project Sponsor:** Ardent Mills; **Event Sponsors:** Bob's Red Mill, General Mills, United Sorghum Checkoff Program; **Benefactor Sponsors:** InHarvest, Everspring Farms.

For their generous contributions of time and their special knowledge, Oldways and the WGC are very appreciative of the speakers, chefs, and other conference participants. Many thanks also to the AV team at Meeting Tomorrow and to the events team at the Seattle Renaissance Hotel, especially **Karyn Tanaka**, Event Manager, and to all the Renaissance's staff members who have contributed their time, efforts, and talents to making the conference run smoothly.

Finally, we wish to warmly thank the staff of Oldways who have been instrumental in the success of this education program. Special thanks to **Abby Clement**, WGC Stamp Program Manager; **Sandy Mason**, Director of Marketing and Communications; **Hannah Depin**, Marketing Communications Assistant; **Abby Sloane**, Director of Finance & Administration; and **Joan Kelley**, Manager of Graphics.

**Sara Baer-Sinnott**, President, Oldways

**Kelly Toups**, MLA, RD, LDN, Director of Nutrition, Oldways

**Caroline Sluyter**, Program Director, Oldways Whole Grains Council

# Many thanks to Whole Grains Council Members

Founding Members in bold

\*Designates companies based outside the U.S.

88 Acres Foods  
Abel & Schafer  
Acégélia Natural Foods, LLC  
\*ACE Bakery, Ltd. (Canada)  
AgVanced Enterprises/Liason International  
Aladdin Baking Company  
Alfred Nickles Bakery, Inc.  
American Waffle Company  
Ana Sortun Chef Set  
Ancient Life Inc.  
Andean Naturals, Inc.  
Angel's Bakery, USA LLC  
Angelic Bakehouse  
Angie's BOOMCHICKAPOP  
\*Anita Food SA (Peru)  
Anna Food Products  
Annie's Bakery, Inc.  
Annie's Homegrown  
Ardent Mills  
Aryzta North America  
Attune Foods LLC  
Aunt Millie's / Perfection Bakeries  
\*Aussee Oats Milling Pvt Ltd. (India)  
Axiom Foods, Inc.  
Azteca Milling LP  
Back to Nature Foods Company, LLC  
Bagel Boy, Inc.  
Bahlsen North America Inc.  
Bake Crafters Food Company  
Bake N Joy Foods  
Bakery de France  
Bakewise Brands, Inc.  
Balance Foods, Inc.  
Baldinger Bakery LP  
Barilla America, Inc.  
Basic Grain Products/TasteMorr  
\*Belarina Alimentos S/A (Brazil)  
\*Berhan Grains Inc. (Canada)  
Berlin Natural Bakery  
Bertram Inc  
Better For You Foods LLC  
Big Boss Baking Company  
\*bio-familia AG (Switzerland)  
Birch Benders Foods  
Biscotti Brothers Bakery, Inc.  
Black Jewell, LLC  
Bloom Packaging Corp

Blue Marble Brands  
**Bob's Red Mill**  
\*Bodhi's Bakehouse / Zelosus Pty Ltd (Australia)  
\*Boulart (Canada)  
Bow & Arrow Foods  
\*Brar Natural Flour Milling Inc. (Canada)  
\*Bravo Supermarket (Dominican Republic)  
Bridgford Foods  
Briut LLC  
Buena Vista Foods  
Bunge Milling  
Bylada Foods, LLC  
C & F Foods, Inc.  
C. H. Guenther & Son, Inc.  
California Wild Rice Advisory Board  
Calise & Sons Bakery Inc.  
\*Canada Bread (Canada)  
Canyon Bakehouse  
Cargill  
Casa Valdez, Inc.  
Catallia Mexican Foods Inc.  
Chabaso Bakery  
\*Chana Food Products (Canada)  
Channel Fish Processing Co., Inc.  
\*Charlotte Indústria e Comércio de Produtos Alimentícios (Brazil)  
Chelini Fresh Pasta Works  
\*City Bread Co. Ltd. (Canada)  
CJ Foods, Inc.  
Clif Bar and Company  
Coffee Snacks, Inc. (Java Me Up)  
\*Cohesion (Hong Kong)  
Columbia Plateau Producers LLC  
ConAgra Foodservice  
Conifer Foods  
\*Consolidated Bakeries Jamaica Limited (Jamaica)  
Continental Mills  
\*Cooperativa Agraria Agroindustrial (Brazil)  
Corbion Caravan  
Country Home Bakers / J&J Snack Foods  
Cream of the West  
Cream of Wheat / Ortega  
Cyclone Enterprises, Inc.  
Dakota Growers Pasta Company  
Dakota Specialty Milling  
Damascus Bakery Inc.  
\*Dare Foods (Canada)

Darlington Cookie Company Inc.  
 \*De-Vau-Ge (Germany)  
 Del Real Foods  
 Deland Bakery Inc.  
 Delice Global, Inc.  
 Desert Oasis Teff & Grain  
 Dessert Innovations  
 \*Detersol S.A de C.V (Mexico)  
 DeWafelbakkers, Inc.  
 Dick and Jane Baking Company, LLC  
 Dishaka Gourmet Imports  
 Domino's Pizza LLC  
 Dr. Kracker  
 Dr. McDougall's Right Foods  
 DTD Group Inc. / DBA Beaujolais Granola  
 E S Foods  
 Eagle Foods  
 Earth Island  
 Echo Lake Foods, Inc  
 Elevation Brands, LLC  
 Elizabeth's Food Company, Inc.  
 Essential Baking Company  
 Essential Eating Sprouted Foods  
 \*Everspring Farms Ltd. (Canada)  
 Explore Cuisine  
 Fantini Bakery  
 Far West Rice  
 \*Farinhas Integrais Cisbra LTDA (Brazil)  
 Father Sam's Bakery Inc.  
 \*FGF Brands, Inc. (Canada)  
 Finagle a Bagel  
 Firehook Bakery  
 Flatout Bread / Pattco  
 Florida's Table  
 Flowers Foods  
 \*Food Directions Inc. (Canada)  
 Food for Life Baking Co.  
 Foodmatch Inc.  
 \*Francesco Tamma S.p.A. (Italy)  
 \*Frankies Organics (Canada)  
 Franz Bakery  
 Freedom Foods  
 Freekeh Foods  
 Freekehlicious LLC  
 Fresca Foods, Inc.  
**Frito-Lay**  
 Garden of Light dba Bakery on Main  
**General Mills**  
 Gentle Harvest LC  
 Gia Russa Whole Wheat  
 Giddy Up Energy Foods  
 Glutenfreeda Flagship, LLC.  
 Gluvana Gluten-Free Foods, LLC  
 Gold Coast Bakery

Gold Medal Bakery, Inc.  
 Good Citizens LLC  
 Good Food Made Simple LLC  
 Good Groceries Company  
 Goose Valley Natural Foods, LLC  
 \*Gourmetandino (Ecuador)  
 Grain Millers  
 Grain Place Foods, Inc.  
 Grainful  
 \*Grandma Emily Inc. (Canada)  
 Great Northern Baking Company  
 Grupo Bimbo  
 \*Grupo Industrial Vida, S.A. de C.V. (Mexico)  
 \*Grupo Ramos (Dominican Republic)  
 \*Guangzhou Yong Want Foods LTD (China)  
 Guttenplan's Frozen Dough  
 Haig's Delicacies  
 Hain Celestial Group / **Arrowhead Mills**  
 Haldeman Mills  
 Happy Products, Inc.  
 Harbar / Maria & Riccardo's Tortilla Factory  
 Harlan Bakeries  
 \*Hathor do Brasil Importação e Comercio de  
 Sementes Ltda (Brazil)  
 Heidelberg Bread  
 \*Helios Pasta Industry - Pan. Sp. Dakos S.A. Pasta  
 & Food Products (Greece)  
 \*Henan Dacheng Group (China)  
 Highland Baking Co.  
 Hippie Eats, LLC  
**Hodgson Mill**  
 Homefree  
 House-Autry Mills, Inc  
 \*Husky Food Importers & Distributors Ltd.  
 (Canada)  
 Hydroblend, Inc. dba HB Specialty Foods  
 i play, Inc.  
 IMG Holdings Inc.  
 InHarvest  
 \*Inner Mongolia Yangufang Ecological  
 Agriculture Development (Group) Co., Ltd.  
 (China)  
 Innovative Beverage Concepts Inc/Modern Oats  
 International Food Systems  
 Izzio Artisan Bakery  
 J.M. Smucker Company  
 J.R. Simplot Company  
 Jessica's Brick Oven  
 Joseph's Middle East Bakery, Inc.  
 Jovial Foods  
 Julian's Recipe, LLC  
 Karlin Foods Corp.  
 \*Kasseler Food Products Inc. (Canada)  
 Kellogg Company  
 Kennedy Rice Mill, LLC



Kenover Marketing Corp.  
 Kernel Season's LLC  
 Kettlepop  
 Kidfresh  
 King Arthur Flour Co.  
 \*Kinnikinnick Foods Inc. (Canada)  
 Kodiak Cakes, LLC  
 Kwik Trip, Inc.  
 La Canasta Mexican Food Products Inc.  
 \*La fourmi bionique Inc (Canada)  
 La Tapatia Tortilleria, Inc.  
 La Tortilla Factory  
 Lakewood Matzoh Bakery  
 Lantev Distributing Corp.  
 \*Lantmännen Cerealia Oy (Finland)  
 Lantmannen Unibake USA  
 Late July Snacks  
 LesserEvil LLC  
 Lewis Bakeries, Inc.  
 LifeLine Foods, LLC  
 \*Linwoods (Northern Ireland)  
 Live Better Brands, LLC  
**Lotus Foods**  
 \*Lovato Alimentos (Brazil)  
 LT Foods Americas, Inc  
 Lundberg Family Farms  
 Luvo Inc.  
 Magnolia Foods LLC  
 Maninis LLC  
 Mars Food North America / Uncle Ben's  
 North America  
 Martin's Supermarkets  
 Mary's Gone Crackers  
 Maya Kaimal Fine Indian Foods  
 MCI Foods, Inc.  
 McKee Foods / Heartland Brands  
 Melaleuca  
 Mesa Foods LLC  
 Mestemacher Bread / Carl Brandt, Inc.  
 Metropolitan Baking Company  
 Mi Rancho  
 \*Milhão Alimentos - Mix Industria e Comércio  
 de Cereais Ltda. (Brazil)  
 Milton's Baking Company  
 Minsa Corporation  
 \*Minsa SA de CV (Mexico)  
 Mission Foods  
 MJM Marketing  
 \*Moderna Alimentos S.A. (Ecuador)  
 \*Moinho Sohne Ltda (Brazil)  
 \*Molino El Lobo (Colombia)  
 \*Molinos Bunge de Mexico, S.A. de C.V. (Mexico)  
 Mondelez International  
**Montana Flour & Grains / Kamut Assn.**

Mrs. Miller's Homemade Noodles  
 Multigrains Bakery  
 MySuperFoods  
 Namaste Foods, LLC  
 Nardone Bros.  
 \*National Flour Mills S.A.R.L (Lebanon)  
 Natural and Tasty  
 Natural Ovens Bakery  
 Nature's Bakery  
 Nature's Earthly Choice  
 \*Nature's Path Organic Foods (Canada)  
 Nature2kitchen  
 \*Natursource Inc. (Canada)  
 \*Nestlé (Mexico)  
 New England Natural Bakers  
 New French Bakery  
 \*Niche Bakers Corp. (Canada)  
 \*Nick Vina Artisan Bakery Pte Ltd (Singapore)  
 Nu Life Market  
 \*Nutrisoya Foods inc (Canada)  
 Nutritional Choices Inc.  
 NutriVida Foods Inc  
 \*Oakrun Farm Bakery Ltd. (Canada)  
 Ojai Natural Foods, Inc.  
 OK Foods, INC  
 Old Mill Kettle Corn LLC  
 \*Olyra Greek Nutrition Products S.A. (Greece)  
 Organic Milling  
 Otis McAllister, Inc.  
 Ouma Inc  
 \*Ozery Bakery Inc. (Canada)  
 Palouse Trading  
 Pamela's Products, Inc.  
 Pan De Oro Tortilla Chips  
 Panhandle Milling  
 PANOS Brands  
 \*Pari Agro Exports (India)  
 Peak Sherpa  
 Pedon North America  
 Pepperidge Farm  
 Pereg  
 Pinnacle Foods Group, LLC  
 Pipsnacks LLC  
 Pizza Hut, Inc.  
 \*Polar Naturals (Canada)  
 Pop Art Snacks  
 Popcornopolis, LLC  
 POPSALOT Gourmet Popcorn  
 Poptime  
 Post Consumer Brands, LLC / **Barbara's Bakery**  
 Prairie City Bakery  
 Preferred Brands  
 Primizie Snacks  
 Prodotti Mediterranei / Dececco

\*Productos Alimenticios La Moderna,  
 S.A. DE C.V. (Mexico)  
 \*Productos Verde Valle S.A. de C.V. (Mexico)  
 \*Pulse (Crops) Canada (Canada)  
 Puratos USA  
 Pure Nature Foods  
 Purity Foods / VitaSpelt  
 Quaker Bakery Brands, Inc.  
 Quaker Oats Company  
 Quinn Foods LLC.  
 Quinoa Corporation  
 \*R&S Blumos (Brazil)  
 Ralston Family Farms  
 Riceland Foods, Inc.  
 Rich Products Corp.  
 Ricos Products Co., Inc.  
 \*Riverside Natural Foods Ltd. (Canada)  
 Riviana Foods Inc.  
 \*Rizopia Food Products Inc. (Canada)  
 Rockland Bakery Inc  
 Roland Foods, LLC  
**Roman Meal Company**  
 Romero's Food Products  
 Rubschlager Baking Corp.  
 Safeway, Inc.  
 Santa Barbara Super Seeds, Inc.  
 Schwan Food Company  
 Schwartz Brothers Bakery  
 Schwebel Baking Company  
 Select Brands, LLC  
 Sem-Chi Rice / Florida Crystals  
 \*Sementes Paraná Ltda (Brazil)  
 Seven Sundays, LLC  
 Shearer's Foods  
 Shiloh Farms / Garden Spot  
 Shinmei Foods USA  
 Shirley's Cookie Company, Inc.  
 Signature Breads  
 \*Silver Hills Bakery (Canada)  
 Silver Palate Kitchens, Inc.  
 SkinnyPop Popcorn  
 \*SL Alimentos Ltda (Brazil)  
 Smart Flour Foods  
 \*Smartbite Snacks INC (Canada)  
 Snack Innovations Inc  
 Snak King  
**Snyder's-Lance, Inc.**  
 \*Sobhi Nakhly and Sons Ltd (Israel)  
 Specialty Food Group  
 Specialty Rice, Inc.  
 Star Snax LLC  
 State Street Snacks  
 Steuben Foods, Inc.  
 Stone-Buhr Flour Company

Storye Bread  
 Subway  
 \*Sugarplum Desserts Ltd (Canada)  
 Sunflour Bakery  
**Sunnyland Mills**  
 Sunrise Snacks  
 \*Sunshine Bakeries (Singapore)  
 SunWest Foods  
 Suzanna's Kitchen Inc.  
 Taco Dippers  
 Taco Loco Products  
 Teff Premium Foods LLC dba Green Star  
 Flour Miller  
 TH Foods Inc.  
 The Abbey of the Genesee/Monks' Bread  
 The Bread Beckers, Inc.  
 The Dough Girl's Kitchen, Inc.  
 \*The Jordans and Ryvita Company (Canada)  
 The Little Kernel  
 The Safe + Fair Food Company  
 The Soulfull Project, PBC  
 The Sun Valley Rice Co., LLC  
 The Teff Company  
 Three Little Birds, LLC  
 Tiny But Mighty Foods, Inc.  
 To Your Health Sprouted Flour Co.  
 \*Tondo S.A. (Brazil)  
 Tortilleria Mi Nina  
 TreeHouse Foods  
 Tribeca Oven  
 Trinidad Benham  
 \*TrueElements (India)  
 Tyson Foods  
 \*U & S Unismack SA (Greece)  
 U.S. Waffle Company Inc.  
 Umpqua Oats, Inc.  
**United Sorghum Checkoff Program**  
 Upper Crust Bakery  
 \*Urban Hippie (Canada)  
**USA Rice Federation**  
 Utz Quality Foods Inc.  
 Velmar Foods-Arizona Gold  
 Venus Wafers Inc  
 Vitalicious, Inc.  
 \*Voortman Bakery (Canada)  
 Western Foods LLC  
 Westminster Cracker Company, Inc.  
 \*Weston Bakeries Limited (Canada)  
 Wheat Montana Farms, Inc.  
 Whole Foods Market  
 Wholesome Goodness, LLC  
 Wolfgang Mock, Inc.  
 Xochitl, Inc.  
 Yum Delight, Inc





## Many thanks to the Oldways Whole Grains Council Scientific Advisory Committee

### Our Experts:

Chair: **David R. Jacobs, PhD**, Professor of Epidemiology, University of Minnesota School of Public Health (Minneapolis, MN)

**Joseph M. Awika, PhD**, Assistant Professor, Texas A&M University (College Station, TX)

**R. Gary Fulcher, PhD**, Emeritus Professor of Food Science and Nutrition, University of Minnesota (Minneapolis, MN)

**Emily Ho, PhD**, Endowed Director, Moore Family Center for Whole Grain Foods, Nutrition & Preventive Health (Corvallis, OR)

**Gary Hou, PhD**, Chief Technology Officer – Grain Foods, SPC Group (South Korea)

**Julie Miller Jones, PhD, LN, CNS, CFS, FAACCI, FICC**, Distinguished Scholar and Professor Emeritus, St. Catherine's University (St. Paul, MN)

**Rui Hai Liu, PhD, MD**, Professor of Food Science, Cornell University (Ithaca, NY)

**Simin Liu, MD, ScD**, Professor of Epidemiology and of Medicine, Brown University (Providence, RI)

**Len Marquart, PhD, RD**, Associate Professor of Food Science and Nutrition, University of Minnesota (Minneapolis, MN)

**Nicola McKeown, PhD**, Assistant Professor / Director of the Nutritional Epidemiology Program, Friedman School of Nutrition Science and Policy, Tufts University (Boston, MA)

**Chris Miller, PhD**, Director of Wheat Quality Research, Heartland Plant Innovations (Manhattan, KS)

## Oldways Whole Grains Council Culinary Advisory Committee

### Our Experts:

Chair: **Michael Holleman**, Director of Culinary & Marketing, InHarvest (Bemidji, MN)

**Robin Asbell**, Chef and Author, *Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More* (Minneapolis, MN)

**Kathryn Conrad**, Chef and Senior Food Stylist, Reader's Digest Association, Inc. (Milwaukee, WI)

**Jesse Ziff Cool**, Chef/Owner, Flea Street Café, JZ Cool, and Cool Café at Cantor Art Gallery (Menlo Park, CA)

**Judith Finlayson**, Author, *The Complete Whole Grains Cookbook* (Toronto, ON, Canada)

**Ellie Krieger**, Author, *The Food You Crave: Luscious Recipes for a Healthy Life*, and longtime host of the Food Network's *Healthy Appetite* (New York, NY)

**Paul Lynch**, Executive Chef, Hyatt Regency Bloomington (Bloomington, MN)

**Cary Neff**, Vice President of Culinary, Morrison Management Services (Atlanta, GA)

**Steve Petusevsky**, Recipe & Menu Development Expert (Ft. Lauderdale, FL)

**Peter Reinhart**, Master Baker and Author, Johnson & Wales University (Charlotte, NC)

**Lorna Sass**, Author, *Whole Grains for Busy People* (New York, NY)

**Joel Schaefer**, Co-Founder, Your Allergy Chefs / Product Development Manager, Princess Cruises (Valencia, CA)

**Ana Sortun**, Chef/Owner, Oleana Restaurant; Author, *Spice: Flavors of the Eastern Mediterranean* and *Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery* (Cambridge, MA)

**Maria Speck**, Author, *Simply Ancient Grains and Ancient Grains for Modern Meals* (Cambridge, MA)