

Facts Page

For good health, www.mypyramid.gov recommends that half the grain foods you eat should be whole grains.

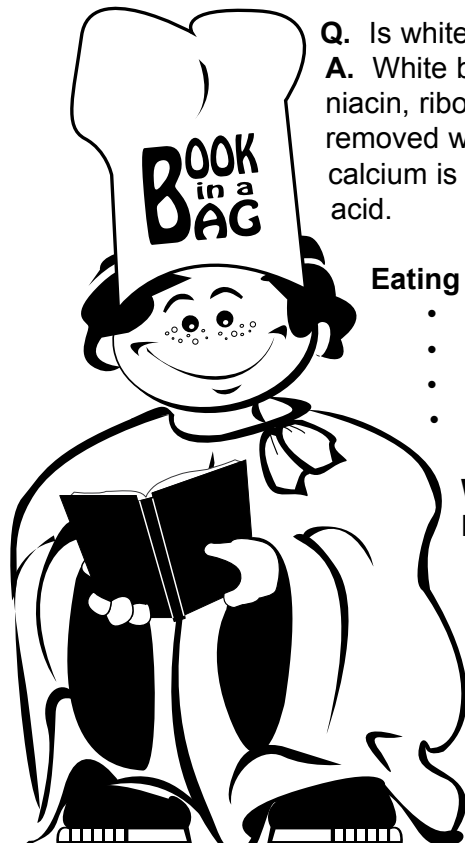
- Whole grains contain the entire grain kernel: the bran, germ and endosperm.
 - Bran—the outer shell protects the seed and kernel
 - Germ—provides nourishment for the seed
 - Endosperm—provides energy
- Whole grains are packed with healthy nutrients—B vitamins, minerals and dietary fiber. Some examples of whole grains: brown rice, bulgur (cracked wheat), oatmeal, popcorn, whole wheat flour.
- Watch for food products labeled with words such as...wheat flour, multi-grain, stone-ground, 100% wheat, bran, cracked wheat...they are usually not whole-grain products. A whole grain should be listed as the first ingredient.

Q. What is the difference between whole wheat and white bread?

A. Both breads are made from wheat flour. Whole wheat is composed of the entire kernel—the bran, germ and endosperm. White bread is milled from only the endosperm. Both whole wheat and white breads are high in complex carbohydrates and low in fat.

Q. Is white bread enriched?

A. White bread is enriched with four major B vitamins—thiamin, niacin, riboflavin and folic acid—and iron in equal amounts to what was removed with the bran and germ. Fortification of bread with calcium is optional, but all enriched grain flours must be fortified with folic acid.



Eating more whole grain foods is easy!

- Choose a whole grain cereal as your breakfast or snack.
- Make sandwiches with whole wheat bread.
- Use whole wheat pasta in favorite recipes.
- Snack on whole grain crackers or popcorn.

Websites you may find helpful:

North America Millers' Association—

<http://www.namamillers.org/kids.html>

Kansas Wheat—<http://wheatmania.com/>

IFIC Foundation – www.kidnetic.com

Wheat Foods Council—

<http://www.wheatfoods.org/Resource-Flourdifference/Index.htm>



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