Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel Bran Endosperm "Outer shell" Provides energy protects seed Carbohydrates, Fiber, Bprotein vitamins. trace minerals Germ Nourishment for the seed

Antioxidants, vitamin E.

B-vitamins

Some Examples of Whole Grains:

brown rice buckwheat



bulgur (cracked wheat)

oatmeal

popcorn





whole-wheat cereal

muesli

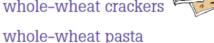




whole rye

whole-wheat bread

whole-wheat crackers



whole-wheat sandwich buns and rolls

whole-wheat tortillas



wild rice

whole cornmeal

shredded wheat cereal

