WHAT IS A WHOLE GRAIN?

They include all three parts of the kernel. “Refined grains” remove the bran and the germ.

**BRAN - Protects the seed**
Contains most of the fiber, plus B vitamins, protein, iron & other minerals.

**ENDOSPERM - Energy for the seed**
Source of white flour. Contains protein, complex carbohydrates, iron, a few of the B vitamins and a little fiber.

**GERM - Nourishment for the seed**
Contains Vitamin E, greatest share of B vitamins, fiber, iron & other minerals, and phytochemicals that may help lower risk of chronic disease.