



Wheat Foods Council THE PLACE TO GO WHEN YOU WANT TO KNOW

What is Wheat?

The Kernel of Wheat

Sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Endosperm

Makes up 83 percent of the kernel weight and is the source of white flour. The endosperm contains the greatest share of protein, carbohydrates and iron, as well as four major B-vitamins: riboflavin, niacin, thiamin and folate. It is also a source of soluble fiber.

Approximately 95% of white flour in the U.S. is “enriched,” meaning that it contains twice as much riboflavin, thiamin and folic acid as is found in whole wheat flour and contains the same amounts of niacin and iron as are found in whole grain flour.

Bran

Is about 14 1/2 percent of the kernel weight. Bran is included in whole wheat flour and can also be bought separately. The bran contains dietary fiber, a small amount of protein, significant quantities of vitamin E, B-vitamins, minerals, antioxidants and phytonutrients.

Germ

Makes up about 2 1/2 percent of the kernel weight. The germ is the embryo or sprouting section of the seed, often separated from the endosperm and bran in the milling process because the fat content (10 percent) limits flour's shelf-life. The germ contains minimal quantities of protein, B vitamins and trace minerals. Wheat germ can be purchased separately and is part of whole wheat flour.



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