Whole grain products are made with the whole kernel of grain. It consists of three components:

1. **BRAN**
   - The bran (outer layer) contains the largest amount of fiber.

2. **ENDOSPERM**
   - The endosperm (middle layer) contains mostly protein and carbohydrates along with small amounts of B vitamins.

3. **GERM**
   - The germ (inner part) is a rich source of trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients.

**Whole grains may help protect against diabetes, which is the nation’s seventh leading cause of death by disease in the United States.**

**The amount of whole grains the 2015 Dietary Guidelines for Americans recommends daily.**

**The number one cause of death or disability in the United States is heart disease. A number of studies support the connection between the consumption of whole grain foods and a reduced risk of CHD and its risk factors.**

**Whole grains are a rich source of a wide variety of phytonutrients with anti-carcinogenic properties. Many of the phytonutrients concentrated in grains have shown promising results against cancer in lab and animal studies.**

Enriched white flour is the finely ground endosperm of the kernel. The assumption that everything good has been “stripped” away is a fallacy. Many of the nutrients that have been milled out are replaced through enrichment or fortification.

**Enriched white bread is a great source of:**

- **Iron**
- **B vitamins**
- **Folic acid**
- **Complex carbs**

**A study found that 77 percent of low-income women could consume adequate amounts of folic acid through enriched grain products. The cost of supplements can be expensive, and therefore often not taken by low-income women. Even those who can afford a folic acid supplement often forget to take them.**

**FOR MORE WHEAT RESOURCES, VISIT WWW.WHEATFOODS.ORG/RESOURCES.COM**