



WHAT'S THE DIFFERENCE?

WHOLE GRAINS & ENRICHED GRAINS

WHOLE GRAINS

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

1 BRAN

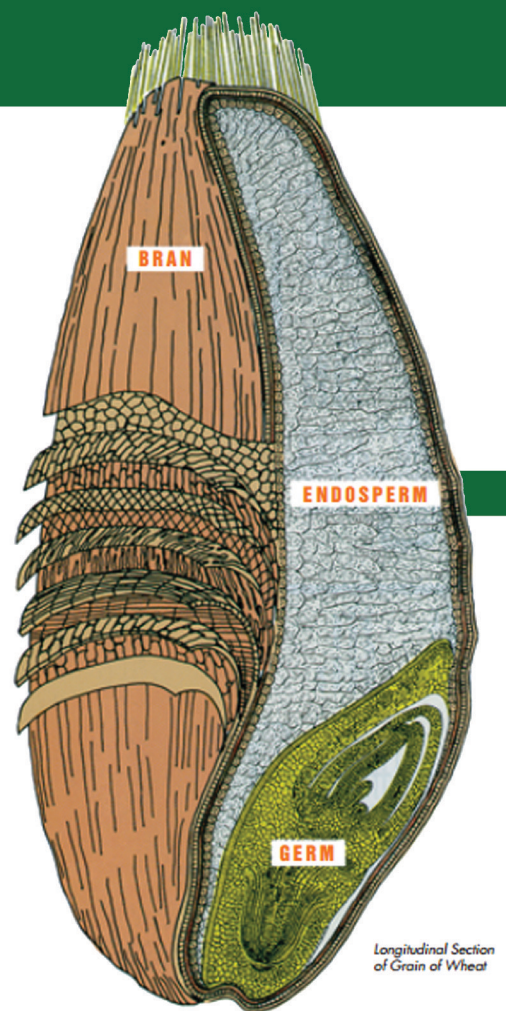
The bran (outer layer) contains the largest amount of fiber.

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.



3^{equivalents}
oz.

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

CHD
coronary heart disease

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.¹



Whole grains are a rich source of a wide range of phytonutrients with anti-carcinogenic properties. Many of the phytonutrients concentrated in grains have shown promising results against cancer in lab and animal studies.²

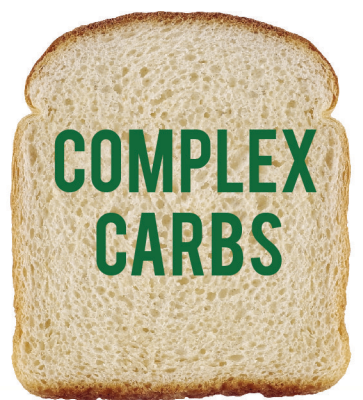
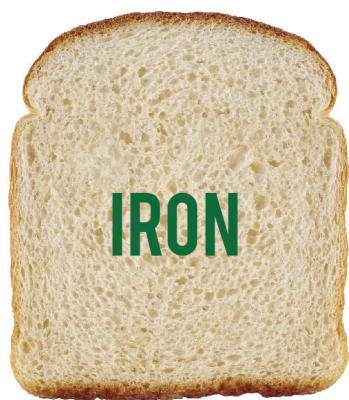
7th

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

ENRICHED GRAINS

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:



1941

When refined grains first became enriched with iron and three B vitamins; riboflavin, niacin and thiamin.

1998

When a 4th B vitamin, folic acid, was added to the enrichment formula. Since then, neural tube birth defects have decreased by 1/3.³

1999

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.⁴

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

SOURCES:

1. American Heart Association: 1999 Heart and Stroke Statistical Update, Dallas, Texas: American Heart Association, 1998

2. General Mills, 1999. Eat Whole Grain for a Healthier You

3. Honein MA, Paulozzi LJ, Matthews TJ, Erickson JD and Wong LYC (2001) Impact of folic acid fortification of the US food supply on the occurrence of neural tube defects. Journal of the American Medical Association 285:2981-2986

4. Kloeblen AS (1999) Folate knowledge, intake from fortified grain products, and periconceptional supplementation patterns of a sample of low-income pregnant women according to the health belief model. Journal of the American Dietetic Association 99(1):33-38