



Whole Grains or Refined Grains?

WHOLE GRAINS



Contains full grain kernel, which includes the bran, germ, and endosperm.

NUTRIENTS

Bran provides fiber, B vitamins, and trace minerals. The endosperm provides carbohydrates and protein. The wheat germ provides antioxidants, vitamin E, and B Vitamins.

VS

REFINED GRAINS



Bran and germ have been removed through the process called milling.

NUTRIENTS

The milling process removes the bran and the germ and thus, removes dietary fiber, iron and many B vitamins. Most refined grains are enriched, so certain B vitamins and iron are added back to the grain product.



Whole Grain Barley



Wild Rice



Oats



Bulgur



Quinoa



Corn Meal



Buckwheat



Amaranth



White Rice



Corn Grits



White Flour



Couscous



Wheat Flour



Pasta



Unbleached Flour

Make sure at least half of all grains eaten are whole grains!

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