

Department Science (December 2016, 17)

Whole wheat grain¹ whole grain² multi-grain³ 100% whole wheat⁴ whole wheat

1 whole grain:

Whole grain is least 51% of the amount of three layers of grain

Consists of three parts of grain:

- Bran, fiber, soluble vitamins
- Endosperm: starch, some protein/vitamins, water minerals
- Germ: inner most layer, contains water-soluble fat, acids, B vitamins, vitamins

Measuring bran-fiber and germ

Why Milling?

- Increased shelf life when you process grain
- More palatable
- Less a lot of fiber-fat B vitamins/minerals in bran

Enrichment and fortification in whole-grain:

Visitors you will find:

- B Vitamins
- Fiber
- Phosphorus
- Iron
- Folate
- The Biotin

Multi-grain³/less-grain² (essentially same thing)-that required to contain 51% of the amount of three layers.

4 "made with whole wheat" doesn't mean it contains whole-grain

100% whole grain: all of it consists of three layers of grain

100%:

- Contains 100% milling
- Fills you up
- Keeps blood glucose from spiking
- Promotes healthy cholesterol
- Shows nutrient absorption, lower cholesterol and lower risk of heart disease
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Whole Wheat:

- Chewiness and connects with water/fiber to prevent hunger
- Keeps blood glucose from spiking