Whole grains, like whole wheat bread and brown rice, contain the whole seed. This means that we are eating the bran, endosperm, and germ.

- **Bran:** contains fiber & vitamins
- **Endosperm:** provides energy
- **Germ:** contains vitamins

**Examples:**
- Whole grain bread
- Oatmeal
- Popcorn

**What foods are whole grains?**
- Read the ingredients list
- If the first ingredient contains the word “whole”, then it is a whole grain.

**Ingredients:**
- Whole Grain Oats, Corn Starch, Sugar, Salt, Spices, Additives

**Why is it important?**
- Vitamins are what help our bodies grow, make us strong, and prevent us from getting sick.
- Fiber helps keep us feeling full longer and move food through our bodies.

Refined grains, like white bread or white rice, only contain the endosperm. That means that the fiber and the vitamins from the bran and germ are taken out.