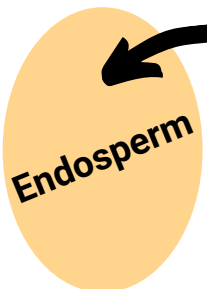
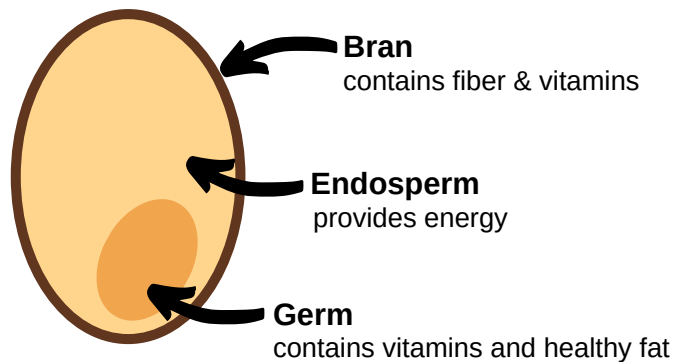


The Whole Grain Truth

What is a whole grain?

Whole grains include foods such as whole wheat bread and brown rice. This means you eat all three parts of the grain: the bran, endosperm, and germ.



What is a refined grain?

Whole grains become refined when the bran and germ are removed, leaving us only with the endosperm. White bread and white rice are examples of refined grains.

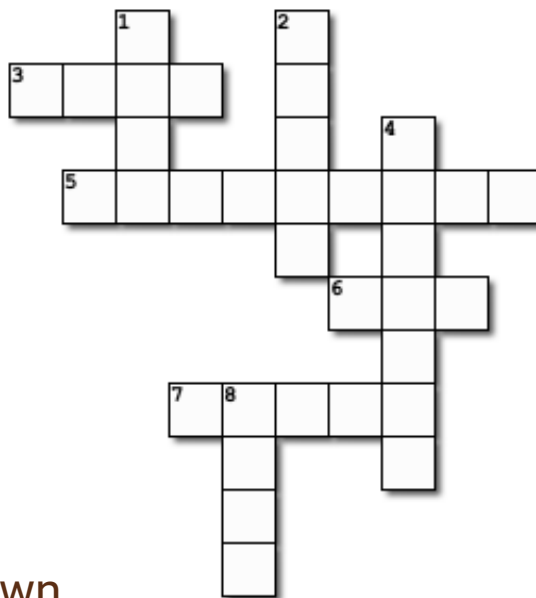
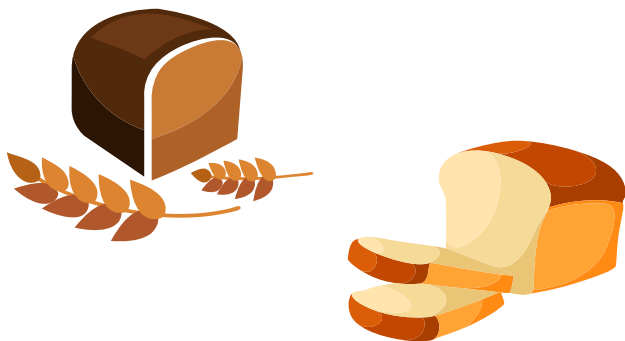
Did you know?

To find whole grain products, look at the ingredients list under the Nutrition Facts label. If the first ingredient contains the word "whole," it is a whole grain.

Try to eat 6 ounces of grains each day with half being whole grains!

Grains Crossword Puzzle

Answers: 1. bran 2. first 3. germ 4. refined 5. endosperm 6. six 7. whole 8. half



Across

- 3. The small center of the whole grain that contains vitamins and healthy fat.
- 5. The large inside part of the grain that contains energy from carbohydrates and a small amount from protein.
- 6. Most adults should eat _____ ounces of grains each day.
- 7. _____ grains contain the bran, endosperm, and germ. Whole wheat bread and brown rice are examples of this grain.

Down

- 1. The outside of the whole grain that contains fiber and vitamins.
- 2. 'Whole' must be listed as the _____ ingredient on a food label for it to be a whole grain.
- 4. _____ grains have the bran and germ removed. White bread and white rice are examples of this grain.
- 8. The goal is to try to make _____ of the grains you eat each day whole grains.