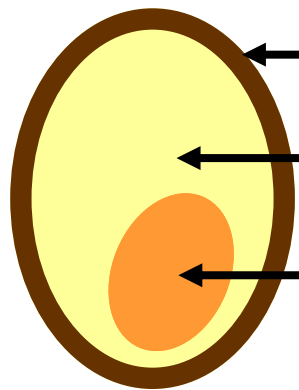


# The Whole Grain Truth

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



Make half  
your grains  
whole!

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.

## 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.