

# Whole Grains

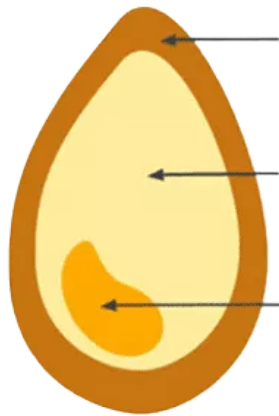
## What is a whole grain, anyway?

A whole grain is a grain with all of its parts (bran, endosperm, and germ). A refined grain is a grain where the bran and germ have been removed.

## Why whole grains?

They contain fiber, vitamins, minerals, and antioxidants. Fiber helps us feel more full, regulates our blood sugar, feeds our gut bacteria, and keeps us regular.

## WHOLE GRAIN



### BRAN

Fiber, B vitamins, trace minerals

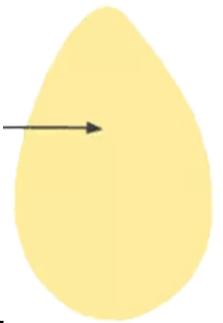
### ENDOSPERM

Carbohydrates (sugar), proteins

### GERM

Antioxidants, Vitamin E, B vitamins, healthy fats

## REFINED GRAIN



## Don't be fooled!

### Don't be fooled by the other ingredients!

Any whole grains listed after the first ingredient may only be a very small part of the product.

### Don't be fooled by what it looks like!

Just because it's brown or has grains sprinkled on top doesn't mean it's a whole grain.

### Don't be fooled by the name!

Just because it says "wheat" or "multigrain" in the name doesn't mean it's a whole grain.

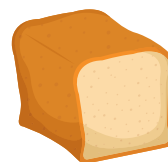
**Ingredients:** Whole Wheat Flour, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran.

## Always look for **WHOLE GRAINS** in the first ingredient:

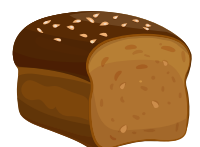
- Whole [name of grain, like wheat, rye, or oats]
- Whole grain [name of grain, like barley, flour, or cornmeal]
- Bulgur
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Brown rice
- Corn

*The only way to know if a product is whole grain is if a whole grain is the first ingredient.*

Some whole grains look like this...



...and some refined grains look like this!



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