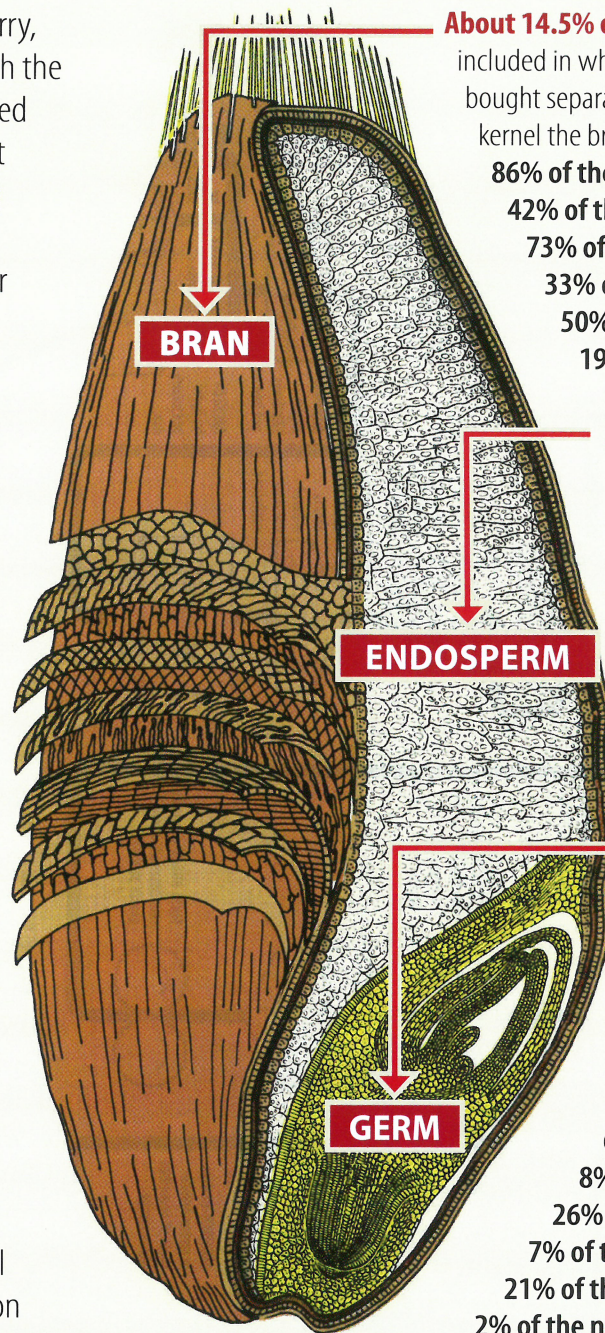


# THE KERNEL OF WHEAT

Sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce white flour. Stone ground whole wheat flour has had nothing removed and contains all the nutrition from all three parts of the seed.

## GRAIN BASED FOODS

provide complex carbohydrates — the best fuel for our bodies. These foods are often low in fat and contain fiber. Grains provide vitamins — especially the four key B vitamins (thiamin, riboflavin, niacin and folic acid) and iron. During the milling process, white flour is produced by removing the bran and germ portions of the wheat. Most (95%) products made from white flour are enriched. Whole grain foods are made with flour that contains all three parts of the kernel. Nutrition experts recommend that at least half of our daily grains come from whole grain products. The total number needed each day depends on age, gender, and total activity level. At [www.choosemyplate.gov](http://www.choosemyplate.gov) individuals can find help to determine the appropriate amount of foods needed for optimum nutrition. At [www.bobsredmill.com](http://www.bobsredmill.com) or your favorite market, Bob's Red Mill sells the world's widest selection of "Whole grain foods for every meal of the day®."



**About 14.5% of the kernel weight.** Bran is included in whole wheat flour and also can be bought separately. Of the nutrients in the whole kernel the bran contains about:

- 86% of the niacin
- 42% of the riboflavin
- 73% of the pyridoxine
- 33% of the thiamine
- 50% of the pantothenic acid
- 19% of the protein

**About 83% of the kernel weight and the source of white flour.** Of

the nutrients in the whole kernel the endosperm contains about:

- 70–75% of the protein
- 12% of the niacin
- 43% of the pantothenic acid
- 6% of the pyridoxine
- 32% of the riboflavin
- 3% of the thiamine

**About 2.5% of the kernel weight.** The germ is the

embryo or sprouting section of the seed, often separated from flour in milling because the fat content limits flour's shelf life. Of the nutrients in whole wheat, the germ contains about:

- 64% of the thiamin
- 8% of the protein
- 26% of the riboflavin
- 7% of the pantothenic acid
- 21% of the pyridoxine
- 2% of the niacin



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