

SOLUTIONS THAT BOOST \geq excitement

THE WHOLE STORY ON WHOLE GRAINS

LET'S DIVE INTO ALL THINGS WHOLE GRAINS!

WHAT EXACTLY IS A GRAIN?

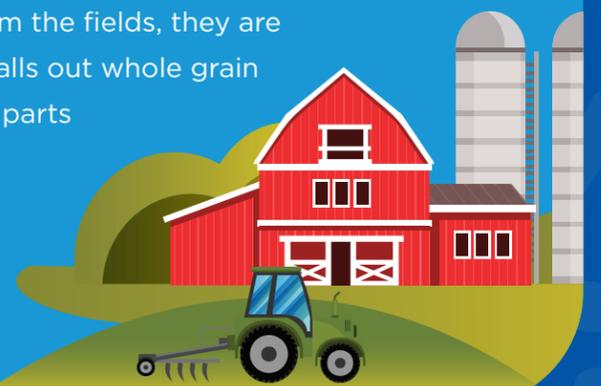
GRAINS ARE FRUIT SEEDS FROM CEREAL CROPS LIKE WHEAT, CORN, BARLEY, OR OATS. A SINGLE GRAIN PIECE IS CALLED A KERNEL, JUST LIKE A CORN KERNEL!

THE PARTS OF A GRAIN:

THERE ARE THREE PARTS TO EVERY GRAIN, THE BRAN, THE ENDOSPERM, AND THE GERM. LET'S LOOK AT EACH ONE BELOW:

WHAT'S DIFFERENT ABOUT A WHOLE GRAIN? WELL, LET'S TAKE A LOOK!

When grains are harvested from the fields, they are all "whole grains". Food that calls out whole grain as an ingredient have all three parts of the grain - the bran, the endosperm, and the germ. Foods that are not whole grain are missing one or more of these parts.



LET'S FINISH THE WHOLE STORY: WHOLE GRAINS ARE AN IMPORTANT PART OF A HEALTHY DIET.

1.

THE BRAN: The bran of a kernel acts as a protective outer layer, just like when you wear a raincoat. The bran contains fiber, B vitamins, and other minerals.



3.

2.

THE GERM:

The germ contains B-vitamins, vitamin E, and healthy fats for the plant as it grows, sprouts, and reproduces. Guess what? Those vitamins and healthy fats are great for you too!

THE ENDOSPERM:

The endosperm acts as the fuel source for the kernel. It is the biggest part of the grain kernel and is made of starchy energy (with a hint of protein), and it helps make the grain plant healthy and strong by turning sunlight into energy even before the grain plant grows leaves.

NOW, WHY IS ALL THIS IMPORTANT?



ENERGY SOURCE:

They are a great source of energy for your busy days in the classroom, on the playing field, and as you participate in clubs and activities, (and do your homework).



HEALTHY HEARTS:

Whole grains are part of a diet that may help keep your heart healthy as you grow and get bigger and stronger.



VITAMINS, MINERALS AND OTHER NUTRIENTS :

Whole grains contain B-vitamins, vitamin E, minerals and other nutrients which are important to good health. Eating whole grains now can help keep you healthy into the future!



FABULOUS FIBER:

Many whole grains are a source of fiber. Fiber is important to a healthy digestive system and plays a role in helping to keep your heart healthy.

BE ON THE LOOKOUT FOR WHOLE GRAINS FOR YOUR WHOLE DAY IN THE CAFETERIA AND BEYOND!

NOURISH
KIDS for
WHAT'S NEXT