

# What Is a Whole Grain?

## Bran

Fiber, B-vitamins,  
trace minerals

## Endosperm

Starch, protein, some  
vitamins and minerals

## Germ

Antioxidants, vitamin E,  
B-vitamins, healthy fats

**A whole grain is** made up of three parts: the bran, the germ, and the endosperm. Whole grain foods contain all three parts, even after they are ground up or processed, while refined or enriched flour or grain contains only the starchy endosperm.

Whole grains are the perfect nutritional package. They contain the fiber, protein, carbohydrate, vitamins, and minerals that are essential for good health.

**Choose foods** that name one of the following whole-grain ingredients first on the ingredient list:

Barley	Oatmeal, oats
Brown rice	Wheatberries
Buckwheat	Whole oats
Bulgur	Whole rye
Corn	Whole wheat
Cracked wheat	Wild rice

**Foods labeled** with the following words are usually **not** whole-grain products:

Multi-grain	Bran
Stone-ground	Enriched flour
100% wheat	Wheat germ
Seven-grain	



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Nutrition Services • Alameda County Public Health Department

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For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663.

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