

# FOOD for THOUGHT

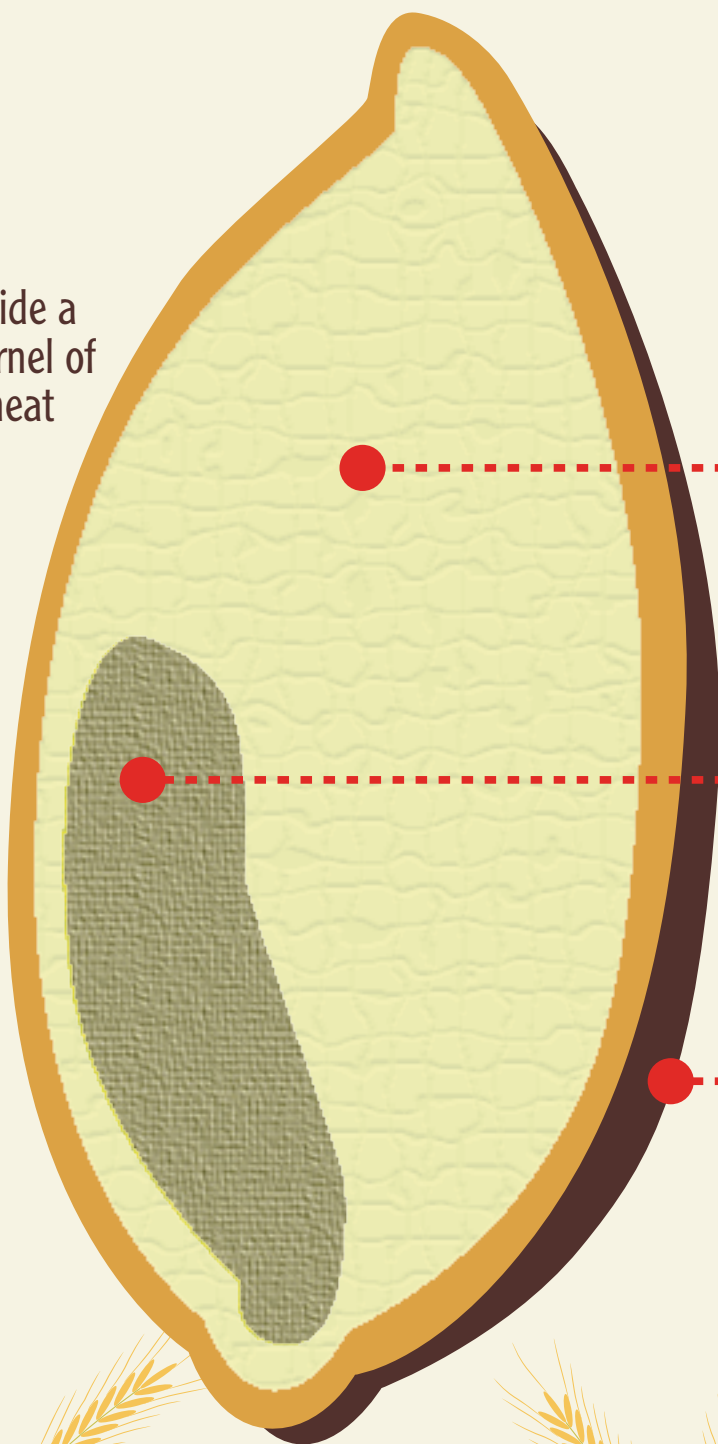
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## What's the **BIG DEAL** about whole grains?

### Whole Grains = More Nutritious!

Inside a Kernel of Wheat



**Endosperm:** The largest part of the kernel contains carbohydrates and protein—this is where white flour comes from!

**Germ:** The engine of the entire kernel! This nutrient-rich powerhouse contains antioxidants, vitamin E, B vitamins and healthy fats.

**Bran:** This fiber-rich outer layer protects the seed and contains B vitamins and trace minerals. Kids ages 4–18 should eat 25–38 grams of fiber a day!\*

\*According to American Heart Association dietary recommendations.

Refined grains are missing the fiber, vitamins and healthy fats.

## Eat Whole Grains!