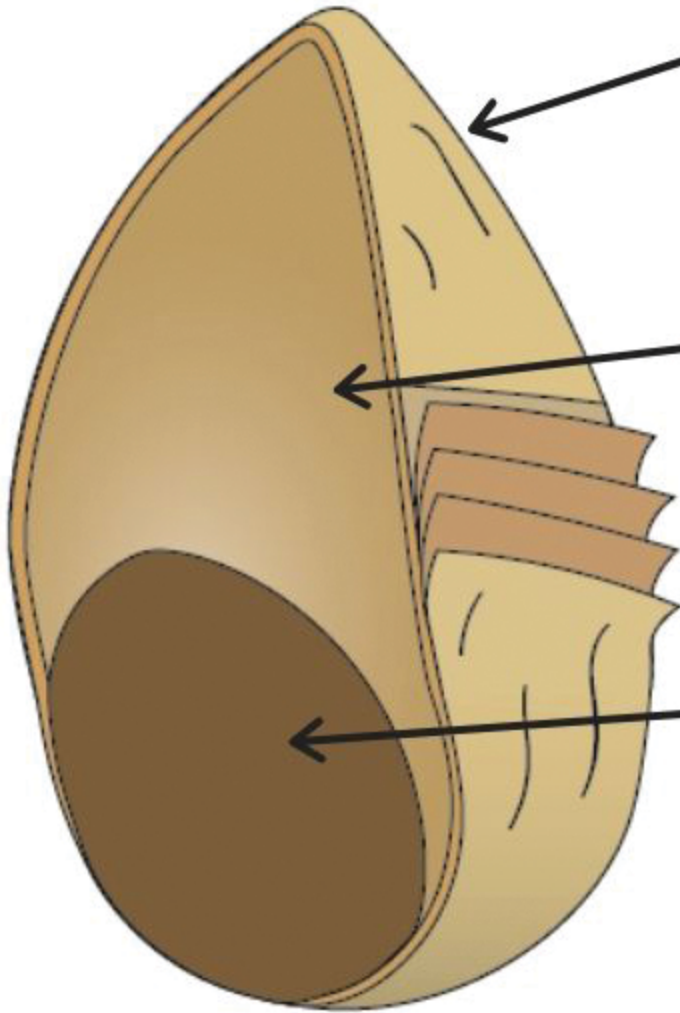


# WHEAT NUTRITION

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Eating wheat, especially whole wheat, provides many health benefits. Eating whole wheat as part of a healthy diet reduces risk of some chronic diseases. Wheat provides many nutrients that are vital for the health and maintenance of our bodies.



## BRAN

The outer layer of the wheat kernel contains the most fiber.

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## ENDOSPERM

The middle layer of the wheat kernel contains protein, carbohydrates and small amounts of B vitamins.

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## GERM

The inner part of the wheat kernel contains trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients.

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## FIBER

Having a high fiber diet can reduce the risk of heart disease and type 2 diabetes and reduces inflammation associated with certain types of cancer.

## B VITAMINS

B vitamins, including thiamin, riboflavin, niacin and folate, help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.

## FOLIC ACID

Folic acid, another B vitamin, has many health benefits, including the prevention of neural tube birth defects in newborns. Folic acid has also been linked to helping prevent Alzheimer's disease by protecting the neurons for learning and memory.

## MINERALS

Iron is used to carry oxygen in the blood. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.