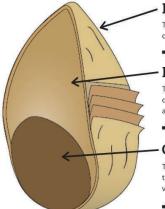
WHEAT NUTRITION

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.

ENDOSPERM

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

GERM

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

FIBER

Having a high fiber diet can reduce the risk of heart disease and type 2

FOLIC ACID

Folic acid, another B vitamin, has many health benefits, including the defects in newborns. Folic acid has also been linked to helping prevent

B VITAMINS

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

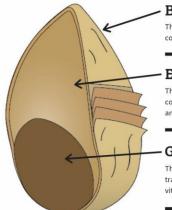
MINERALS

blood. Magnesium is a mineral used in building bones and releasing energy from oxidation. It is also important for a healthy immune system.



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BRAN

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

ENDOSPERM

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

GERM

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

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

protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system

FOLIC ACID

defects in newborns. Folic acid has also been linked to helping prevent Alzheimer's disease by protecting the

MINERALS

blood. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for



FOLIC ACID

MINERALS

FIBER

B VITAMINS

trace minerals, unsaturated fats, B ENDOSPERM contains the most fiber. The middle layer of the wheat kernel vitamins, antioxidants and phytonutrients

GERM

The inner part of the wheat kernel contains contains protein, carbohydrates and small amounts of B vitamins.

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