

FUELING HEALTH

with every bite

PARTS OF THE WHEAT KERNEL

BRAN

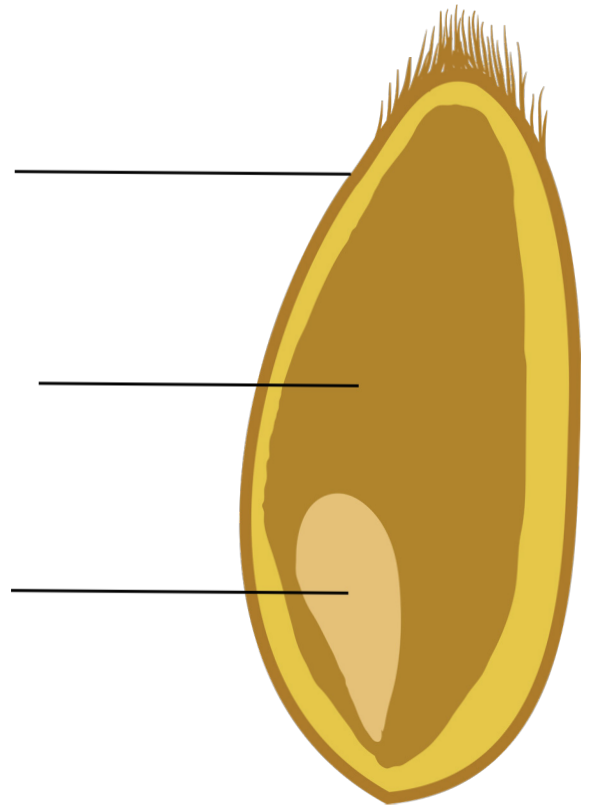
The outer layer, rich in dietary fiber, antioxidants and B vitamins.

ENDOSPERM

The middle layer, primarily composed of carbohydrates and protein, with small amounts of vitamins and minerals.

GERM

The nutrient-dense core, containing healthy fats, B vitamins, antioxidants and trace minerals.



Wheat must be milled to be safely and effectively used as food. The milling process is safe, and produces versatile, nutritious flour used in a wide variety of foods. Wheat foods have supported human nutrition for thousands of years and continue to play a major role in our diets.

FORTIFICATION

Fortified flour has been enhanced with nutrients at a higher level than originally present in wheat. Folic acid fortification has led to a dramatic reduction of neural tube defects, preventing an estimated 1,300 cases in the U.S. annually.

ENRICHMENT

Enriched flour restores nutrients lost during the milling process. Typical nutrients restored through enrichment include iron, folic acid, riboflavin, niacin and thiamin.

ESSENTIAL NUTRIENTS

for a healthy lifestyle

COMPLEX CARBOHYDRATES

Provide the body's primary and most efficient source of energy.

PROTEIN

Builds and repairs muscles, tissues and cells.

MAGNESIUM

Supports muscle and nerve function and contributes to bone health.

RIBOFLAVIN (B2)

Helps the body break down proteins, fats and carbohydrates for energy.

NIACIN (B3)

Supports energy production and helps the body use proteins and fats.

THIAMINE (B1)

Helps convert carbohydrates into energy and supports nervous system function.

SELENIUM

Acts as an antioxidant and supports thyroid function.

DIETARY FIBER

Supports digestive health and may help reduce the risk of heart disease.

IRON

Helps carry oxygen throughout the body.

FOLIC ACID (B9)

Essential for red blood cell formation and critical during pregnancy and fetal development.

ZINC

Supports immune function, growth and wound healing.