

Wheat is an excellent source of quality nutrition. Many of the macro and micronutrients humans need to be healthy are found in wheat.

Carbohydrate

Complex Carbohydrate - Carbohydrates are the most efficient source of energy. Complex carbs are long chains of sugar molecules naturally found in grains, beans and vegetables. Wheat flour is a good source of complex carbohydrates.

Fiber - Fiber is an indigestible carbohydrate in food that acts like a broom to sweep the digestive tract.

Protein

Wheat is an incomplete protein because it contains less to moderate amounts of the 9 essential amino acids.

Combining wheat products with foods with naturally occurring protein, like animal proteins or legumes, can make a complete protein meal or snack.

Fat

While wheat itself contains very little fat, wheat-based products can contain higher levels of fat.

Most often, fat content in wheat-based foods is the result of oil or shortening found in many baked goods. Bread and pasta products are considered low-fat foods compared to other wheat-based products.

Vitamins & Minerals

During the milling process, naturally occurring vitamins and minerals are added to enriched wheat flour to enhance the nutritional quality.

Thiamine (Vitamin B1) - Promotes good appetite, digestion and healthy nerves.

Riboflavin (Vitamin B2) - Essential for growth and good vision.

Niacin (Vitamin B3) - Essential for the efficient use of protein by the body.

Folic Acid (Vitamin B9) - Helps the body make red blood cells and is important for healthy pregnancies.

Iron - Allows blood to carry oxygen throughout the body.

Zinc - Important for skin healing and growth and prevents infection.

Selenium - Helps the body grow and keeps the eyes and skin healthy.

Magnesium - Promotes healthy muscle function, keeps the heart healthy and helps nerves send messages throughout the body.

Mythbusters Activity

Directions: Answer the true or false questions about wheat nutrition.

1. Wheat foods are a good source of carbohydrates, which provide energy. _____
2. Thiamine is a B-vitamin that helps support healthy nerves. _____
3. Fiber is a nutrient found in wheat that helps digestion. _____
4. Niacin helps the body use protein efficiently. _____
5. Wheat is a good source of vitamin C. _____
6. Folic acid helps the body make red blood cells. _____
7. Protein is the main macronutrient in wheat. _____
8. Iron is vital for carrying oxygen in the blood. _____
9. All nutrients are removed from wheat during milling. _____
10. Zinc is important for skin healing and growth. _____
11. Wheat foods do not provide any minerals needed for health. _____
12. Riboflavin is essential for good vision and growth. _____
13. Selenium is a mineral that supports the immune system. _____
14. Wheat is unhealthy. _____
15. Magnesium helps muscles and nerves work properly. _____
16. Wheat contains vitamin D naturally. _____
17. Eating foods with iron can help prevent anemia. _____
18. Carbohydrates are part of a healthy diet. _____
19. Folic acid is especially important for pregnant women. _____
20. Wheat contains a high level of fat. _____

Mythbusters Activity Answer Key

Directions: Answer the true or false questions about wheat nutrition.

1. Wheat foods are a good source of carbohydrates, which provide energy. **True**
2. Thiamine is a B-vitamin that helps support healthy nerves. **True**
3. Fiber is a nutrient found in wheat that helps digestion. **True**
4. Niacin helps the body use protein efficiently. **True**
5. Wheat is a good source of vitamin C. **False**
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7. Protein is the main macronutrient in wheat. **False**
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18. Carbohydrates are part of a healthy diet. **True**
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20. Wheat contains a high level of fat. **False**