

Carbohydrates

Carbohydrates are the most efficient form of energy.

Complex carbohydrates are long chains of sugar molecules, naturally found in grains (like wheat), beans and vegetables, and offer long-lasting energy.

Fiber

Fiber is an indigestible carbohydrate that promotes digestive and heart health.

The fiber in wheat-based products comes from the bran and germ of the wheat kernel.

Protein

Protein is critical for strong bones, muscles, organs and cells.

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

Fat

Fat stores energy and supports bodily functions like hormone production, nutrient absorption and cell structure.

Wheat is naturally low fat, but wheat-based foods can contain higher levels of fat from ingredients like oil or shortening.

Vitamins

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.

Minerals

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.