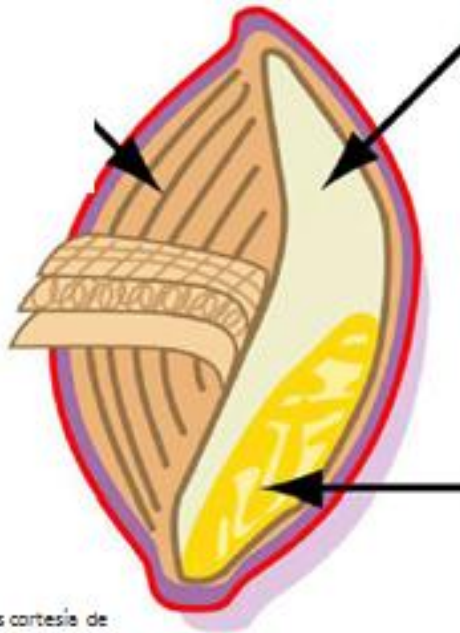


Las tres partes de un grano integral

Cascarilla

Capa exterior de protección.
Alto contenido de fibra y
vitamina B



Gráficos cortesía de
Bob's Red Mill

Endospermo

Contiene almidón, proteínas y
algunas vitaminas y minerales.

Germen

La semilla de una nueva planta.
Contiene vitaminas del grupo B,
algo de proteínas, minerales y
aceites saludables.

¿Grano enriquecido o grano integral?



Pelagra



Causado por una falta de vitamina B

Síntomas:

- Lengua negra
- Hinchazón
- Confusión
- Muerte

Cura: Comida enriquecida con vitamina B

Pista #1

Busca para estas ingredientes



- 100% Granos integrales
- Avena
- Cebada
- Arroz integral
- Maíz
- Alforfón (Buckwheat)
- Espelta (Spelt)
- Quínoa

Pista #2

Tenga en cuidado la palabra “enriched”

Ingredients:

Unbleached Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Farina, Yeast, Nonfat Milk, High Fructose Corn Syrup, Salt, Soybean Oil, Preservatives (Calcium Propionate, Sorbic Acid), Soy Flour, Grain Vinegar, Monoglycerides, Whey, Natamycin (a Natural Mold Inhibitor).

**Los granos enriquecidos no son
granos integrales**

Pan



Ingredients:

Unbromated Stone Ground 100% Whole Wheat Flour, Water, Crushed Wheat, Sugar, Yeast, Wheat Gluten, Honey, Unsulphured Molasses....

Pan



Ingredients:

Unbleached Enriched Wheat Flour (Flour, Malted Barley, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Whole Wheat Flour, Honey....

Cereal



Ingredients:

Rice, Sugar, Salt, High Fructose Corn Syrup, Malt Flavoring. Vitamins and Iron: Iron, Ascorbic Acid (Vitamin C)...

Cereal



Ingredients:

Whole Grain Oats (Includes The Oat Bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Oat Fiber, Wheat Starch. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

Galletas Saladas



Ingredients:

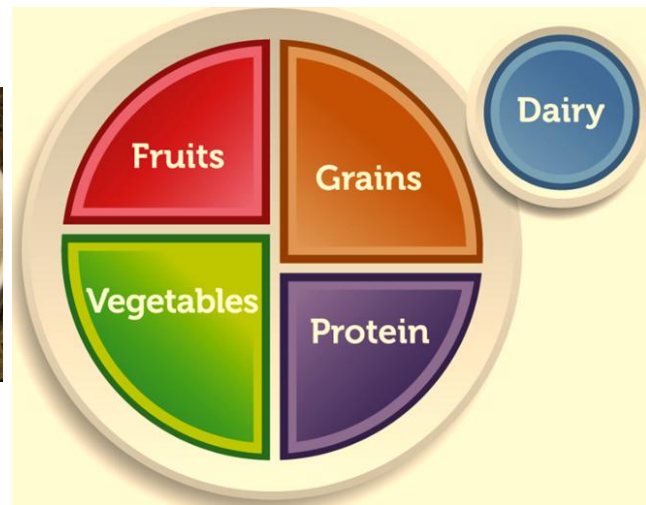
Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Vegetable Oil...

Galletas Saladas



Ingredients:

100% Whole of the Wheat Flour Stone Ground,
Clover Honey, Sesame Oil, Dairy Butter,
Sesame Seeds, Yeast & Salt



Quinoa Photo courtesy of SweetOnVeg



Photo courtesy of Q family

Photo courtesy of Maggie Hoffman



Quinoa roja

Cebada

Cuscús de trigo integral