

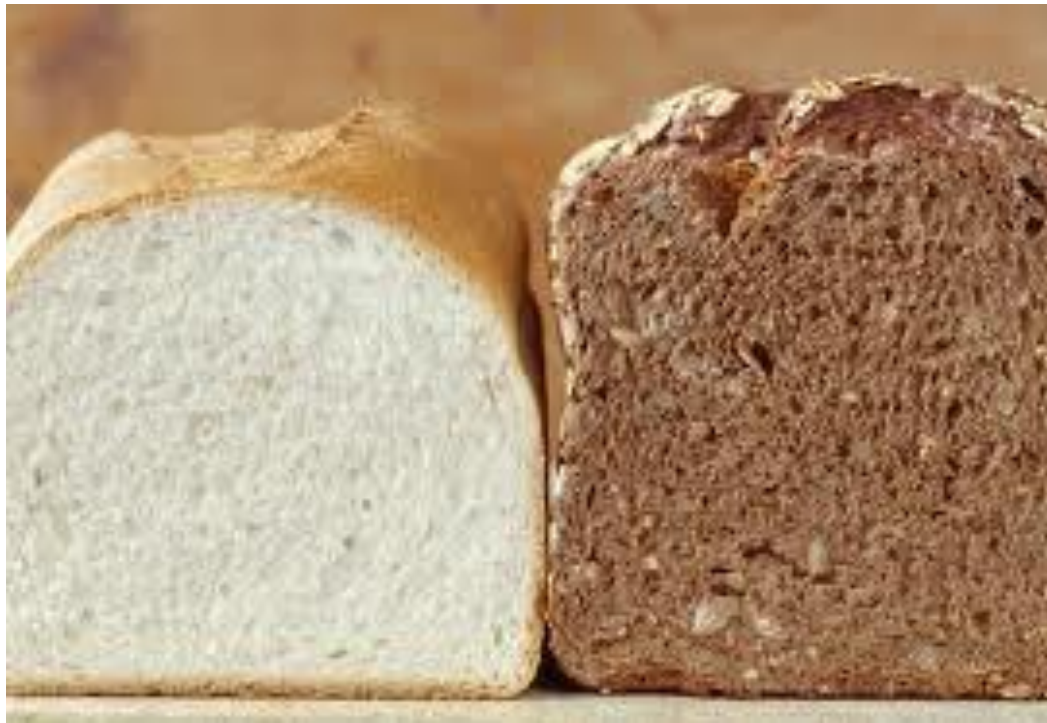


3 Parts of a Whole Grain





Enriched Grain or Whole Grain?





Pellagra



Caused by vitamin B deficiency

Symptoms:

- Black Tongue
- Swelling
- Confusion
- Death

Cure: Enriching foods with vitamin B



Clue #1

Look for these ingredients



- 100% Whole Wheat
- Oats
- Barley
- Brown Rice
- Corn
- Buckwheat
- Spelt
- Quinoa



Clue #2

Watch out for the word 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).

Enriched grains are
not whole grains



Bread



Ingredients:

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



Bread



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.



Crackers



Ingredients:

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

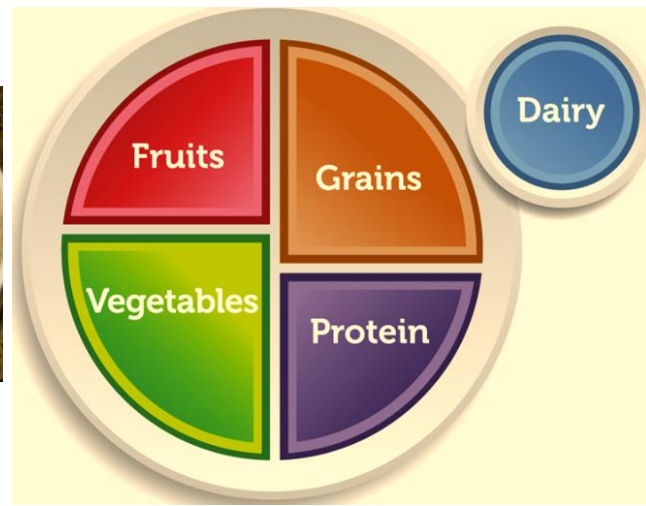


Crackers



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



Red Quinoa

Barley

Whole Wheat Couscous