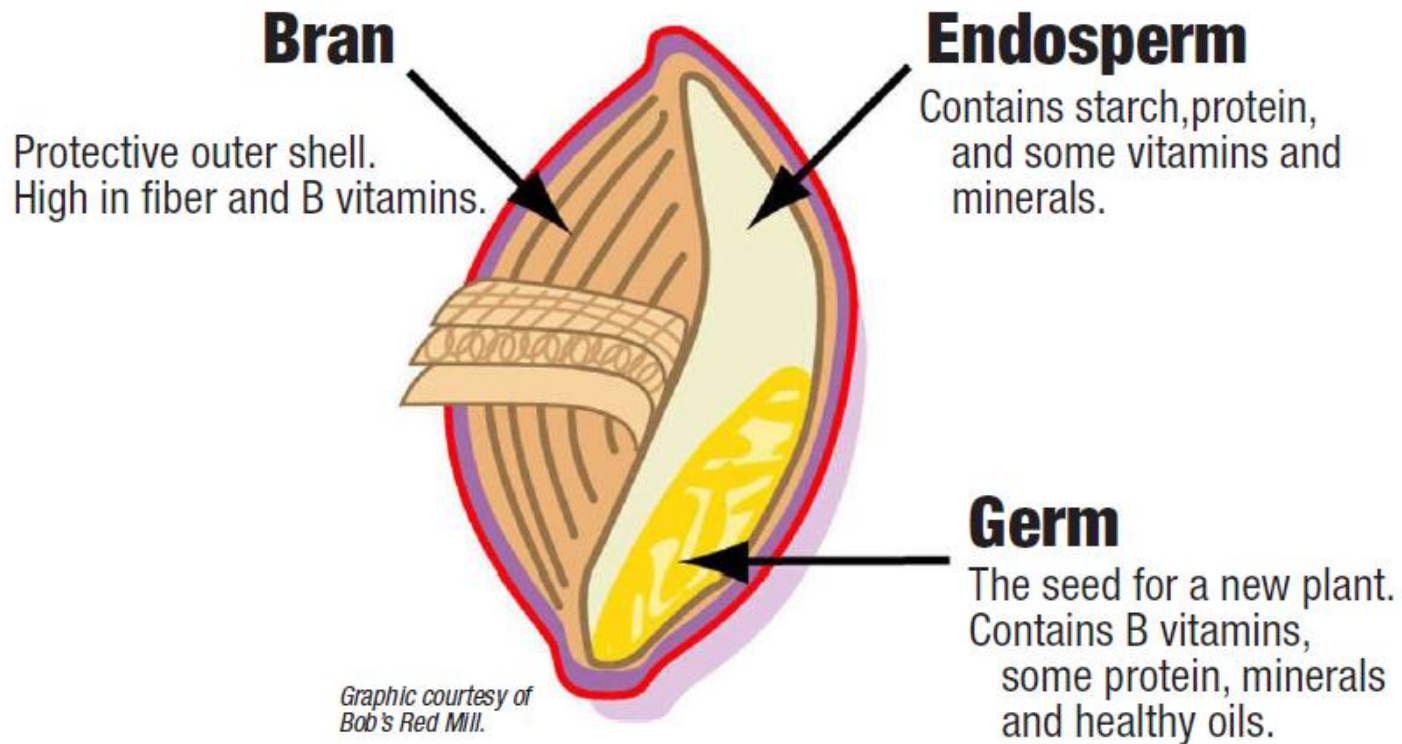




# 3 Parts of a Whole Grain

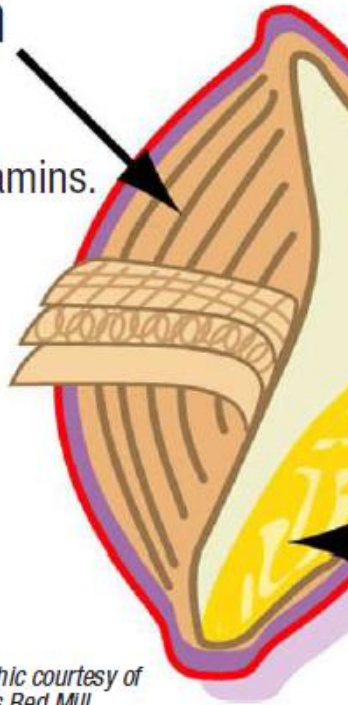




# Bran

## Bran

Protective outer shell.  
High in fiber and B vitamins.



*Graphic courtesy of  
Bob's Red Mill.*

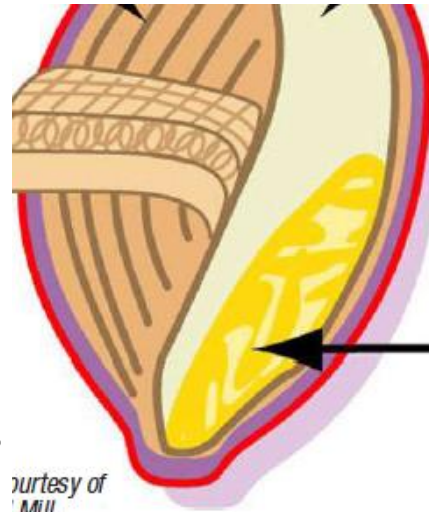
- Makes you feel full
- Promotes a healthy digestive tract
- Contains heart-healthy vitamin B





# The Germ

- Contains healthy fats
- Contains protein
- Contains vitamins and minerals



## **Germ**

The seed for a new plant. Contains B vitamins, some protein, minerals and healthy oils.





# Whole Grains



Whole wheat bread  
Oatmeal  
Brown Rice  
Whole wheat pasta  
Quinoa  
Popcorn



# Popcorn





# Popcorn





# 3 Parts of a Whole Grain

