WHAT’S THE DIFFERENCE?

WHOLE GRAINS

Whole grain products are made with the whole kernel of grain. It consists of three components:

1. BRAN
   The bran (outer layer) contains the largest amount of fiber.

2. ENDOSPERM
   The endosperm (middle layer) contains mostly protein and carbohydrates along with small amounts of B vitamins.

3. GERM
   The germ (inner part) is a rich source of trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients.

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ENRICHED GRAINS

Enriched white flour is the finely ground endosperm of the kernel. The assumption that everything good has been “stripped” away is a fallacy. Many of the nutrients that have been milled out are replaced through enrichment or fortification.

Whole grains are a rich source of a wide range of phytonutrients with anti-carcinogenic properties. Many of the phytonutrients concentrated in grains have shown promising results against cancer in lab and animal studies.

Whole grains may help protect against diabetes, which is the nation’s seventh leading cause of death by disease in the United States.

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SOURCES:
2. General Mills, 1999. Eat Whole Grain for a Healthier You

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