Whole grains contain the entire grain kernel which includes the bran, germ and endosperm. Examples of whole grains are whole wheat flour, oatmeal and brown rice. Whole grains are very important to your overall health and half of your daily grain consumption should be whole grains.

Refined grains have been milled, a process that removes the bran and germ. This process gives the grain a finer texture and makes it last longer in the store. However, refined grains do not have some of the essential vitamins and minerals that whole grains have. Refine grains can be found in white flour, white bread and white rice.

Did you know?
The first breakfast cereal ever made was Shredded Wheat.