

# HARVEST OF THE MONTH

# Wheat

Wheat is a grain used in two different ways- whole and refined. What's the difference?

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. Refined grains can be found in white flour, white bread and white rice.

Nutrition Facts	
Serving Size 1 slice 28g (28 g)	
Servings per container 1	
Amount Per Serving	
Calories 69	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 132mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 3% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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**Did you know?**  
The first breakfast cereal ever made was Shredded Wheat.

