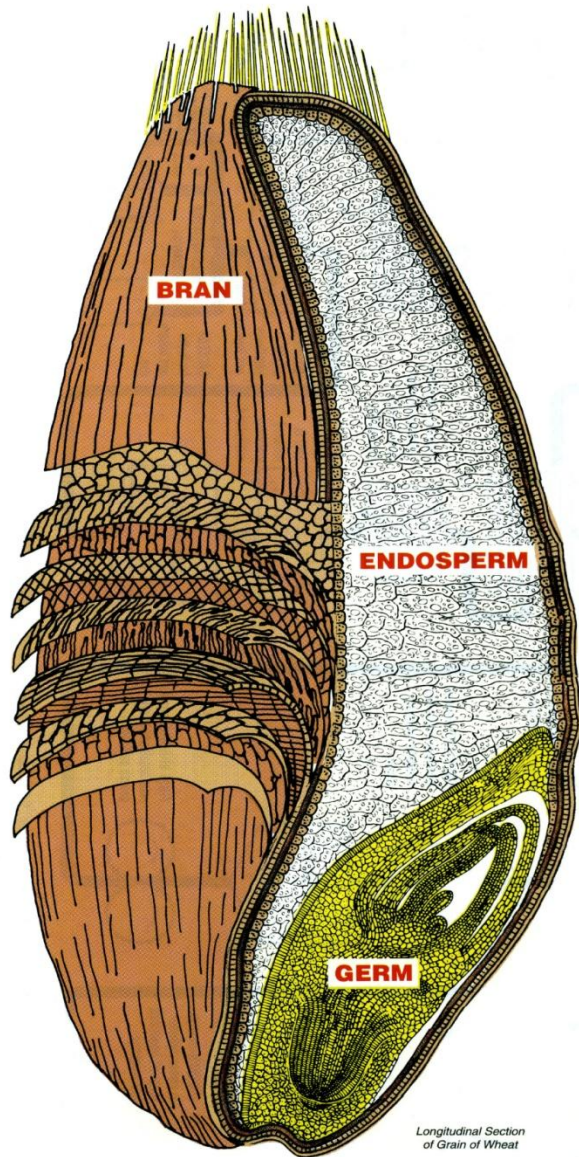


# Whole Grains

## A Whole Grain Kernel

A *Whole Grain* contains all **three** parts of the kernel:



**Bran:** The outer skin of the kernel that helps to protect the other two parts of the kernel. It contains important antioxidants, iron, zinc, copper, magnesium, B vitamins, fiber, and phytonutrients.

**Endosperm:** The germ's food supply. In the kernel, the endosperm contains starchy carbohydrates, proteins, and small amounts of vitamins and minerals.

**Germ:** The embryo, which, if fertilized by pollen, will sprout into a new plant. It contains B vitamins, vitamin E, antioxidants, phytonutrients, and unsaturated fats.

**Sources of *Whole Grains*:** Whole wheat, whole oats/oatmeal, whole grain cornmeal, popcorn, brown rice, whole rye, whole grain barley, wild rice, buckwheat, bulgur, (cracked) wheat, millet, quinoa, bulgur, and brown rice.



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[www.bernardshealth.org](http://www.bernardshealth.org)

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Mendham Township  
Peapack and Gladstone Borough

# Whole Grains

Sample label for  
Macaroni & Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Seal for Whole Grains from  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

Look for Total Carbohydrate, Dietary fiber and amount of Sugar in grains.

Look for "Whole" as first ingredients in list.



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