

Whole Grains

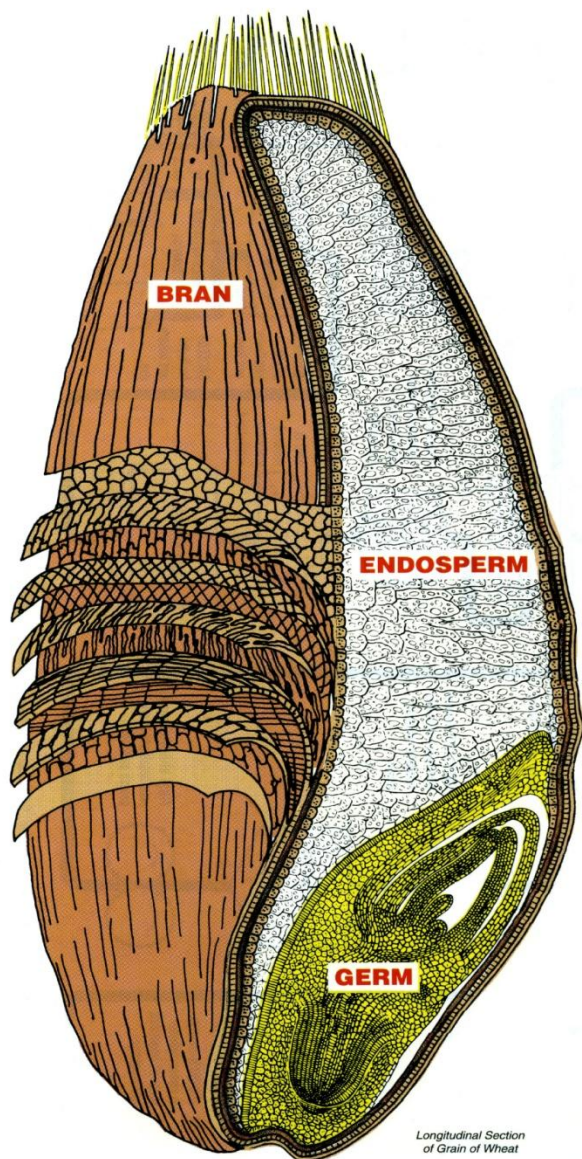
A Whole Grain Kernel

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.



Cheryl C. Komline, MS, RD
Bernards Township Health Department
Basking Ridge, NJ 07920
P. 908.204.3069 F. 908.204.3075
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

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

	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

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

Look for "Whole" as first ingredients in list.



Cheryl C. Komline, MS, RD
 Bernards Township Health Department
 Basking Ridge, NJ 07920
 P. 908.204.3069 F. 908.204.3075
www.bernardshealth.org

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