

# Understanding Grains

**What's in a grain?** Grain is the kernel of the plant and comprises of three distinct parts, each offering a distinct nutrient profile

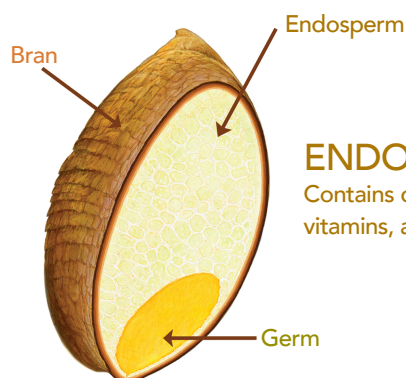
Any food that contains whole grain must contain all three parts of the kernel present in the same relative proportions as they exist in the intact grains

## BRAN = Roughage

Contains satisfying fibre along with essential vitamins, minerals and phytonutrients

## GERM = Nutrients

Comprises of vitamins, minerals, antioxidants, some protein and fat



## ENDOSPERM = Energy

Contains carbohydrates (starch), protein, vitamins, and minerals

## Seed to Spoon

Grains are available in three formats

Whole grains are converted from seed to spoon through a few steps that prepare the grain that is ready to eat, cook or to be used as an ingredient in other foods



### Flour

Whole wheat / corn / oat / barley / millet flour

### Cracked

Wheat (Dalia)  
Oatmeal  
Corn / barley / millet grits

### Whole

Brown rice  
Popcorn  
Amaranth  
Quinoa

## Power of grains

Whole grains are power house of nutrients

### FIBRE

### VITAMINS

B vitamins (thiamin, riboflavin, niacin, folate and vitamin E)

### MINERALS

Iron, magnesium, selenium, copper, phosphorous, zinc etc.

### PHYTOCHEMICALS / ANTIOXIDANTS

## How much whole grain to eat?\*

Each day, at least half of all grains eaten should be whole grains

One ounce equivalent (~16g) of whole grain constitutes one serve.

48g is the minimum recommended intake of whole grains

### ADULTS

3-5 Serves



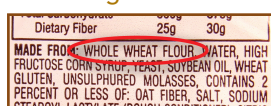
### CHILDREN (2-18)

1.5-6 Serves

## How to find whole grain in foods?



Whole grain as the first ingredient



The word 'whole' before grain



Grams of whole grain on the product label



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\*<https://wholegrainscouncil.org>