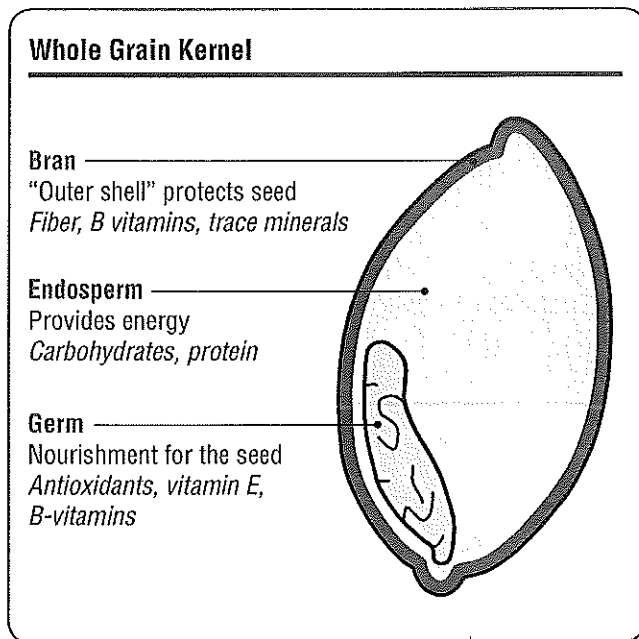


What Is a Whole Grain?

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.



When you see the following words, you will know that by the U.S. Food and Drug Administration (FDA) Standards of Identity, they describe whole grains that are used as ingredients:

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour

Common and usual names for other whole grains are noted below:

- The word *whole* listed before a grain, for example, *whole wheat*
- The words *berries* and *groats* are also used to designate whole grains, for example, wheat *berries* or oat *groats*
- Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal)
- Reconstituted whole wheat can be considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to natural proportions. Request documentation from the milling company to state that they recombined the grain components to natural proportions of bran, germ, and endosperm.
- Other whole-grain products that do not use the word "whole" in their description, for example, brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, or sorghum.

A more comprehensive overview of whole grains can be located on the following FDA website:
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm151902.htm>.

