Whole Grains

Health Benefits of Whole Grains:

- Rich in fiber which supports gastrointestinal health
- High in micronutrients such as B vitamins, magnesium, selenium, and iron
  - B vitamins like folate, thiamin, and riboflavin ensure proper metabolic function
  - Magnesium is involved in releasing energy from muscles
  - Selenium is important for healthy immune function
  - Iron plays an important role in the transportation of oxygen through the body
- Increased satiety after eating whole grains may help with weight management
- Consuming whole grains may reduce the risk of heart disease

Bran: protects the seed
Endosperm: energy for the seed
Germ: nourishment for the seed

Varying Your Whole Grain Choices

There's more to whole grains than just wheat!
Try a new grain to add variety in texture and taste.

USC Hospitality
What's the difference?

**Multigrain** means the product contains more than one grain. It does not necessarily mean that it contains whole grains (also true for terms like “seven grain”).

**Whole grain** means that all parts of the grain kernel were used in the product (bran, germ, and endosperm). Whole wheat refers to a product that includes only whole wheat as opposed to other grains.

*At least 1/2 of grains consumed per day should be whole grains!*

When grains are refined, meaning stripped of the bran and germ during the milling process, many of the nutrients are removed. When a grain product is enriched, it means that some of these lost nutrients have been added back into the product. Unfortunately, the enriching process never adds back the natural fiber of the whole grain. Fortifying a product means that vitamins and minerals have been added in that were not originally found in the product. Grains are commonly fortified with folic acid.