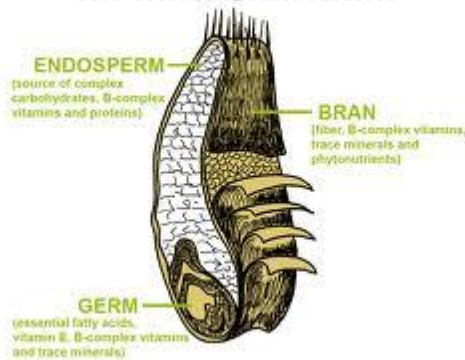


Is Whole Wheat the same as Whole Grain?

Whole wheat flour goes through a refining process that removes as much as half of the nutrients found in a whole grain. Whole grain flour is not as refined and therefore maintains its full nutritional value. Whole grains are a good source of B vitamins and fiber as well as low in fat.

All grains start off as “whole”, which are the entire seed of a plant. They are made up of the bran, the multi-layered outer skin which contains important antioxidants, B vitamins and fiber, the germ, which is what allows a new kernel to form and the endosperm, which is the germs food supply. All of this is protected by an inedible husk that protects the kernel from assaults by sunlight, pests, water and disease.

The Whole Grain Kernel



Whole grains may be eaten whole, cracked, split or ground. They can be milled into flour or used to make breads, cereals and other processed foods. According to the Whole Grain Council, if a food label states that the package contains whole grain, the “whole grain” part of the food inside the package is required to have the same proportions of bran, germ and endosperm as the harvested kernel does before it is processed.

Under the Canadian Food and Drug Regulations, up to 5% of the kernel can be removed to help reduce rancidity and prolong the shelf life of whole wheat flour. The portion of the kernel that is removed for this purpose contains much of the germ and some

of the bran. If this portion of the kernel has been removed, the flour would no longer be considered whole grain.

The refining process separates the bran and the germ from the kernel, leaving the endosperm, which is the soft, easily digestible portion containing most of the carbohydrates and protein. An example of this includes white rice, white flour, grits and cream of wheat. Most processors will add back some vitamins and minerals that would have been lost during the milling process but whole grains are healthier for our bodies. Examples of whole grains include whole-grain corn, 100% whole wheat flour, whole oats, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, millet and quinoa.

In Canada, manufacturers are required to enrich white flour, resulting in a product that is a significant source of several vitamins and iron however; it lacks some nutrients and fiber found in whole grain flour.

When scanning the bread, cereal or snack aisle in your local grocery store, you may see virtually every product “shouts out its whole grain goodness”. Terms like “multigrain”, “100% wheat”, “organic”, “pumpernickel”, “bran” and “stone ground” may sound healthy, but not actually indicate that the product is whole grain. Health Canada recommends that we look for the word “whole grain” on the label and in the ingredients list. Many foods containing whole grains will have the words “whole grain” followed by the name of the grain as one of the first ingredients. Products labeled with the words “multigrain” and “organic” are not necessarily whole grain – the flour or grains in the products may be made with or consist of little or no whole grains.

Resources:
Wholegraincouncil.org
hc-sc.gc.ca

Fun Food Facts!



Popcorn, in its natural state is a whole grain. The Aztecs were the first to pop corn kernels and use them as a decoration

Did You Know?



Whole Wheat bread is made with whole wheat flour. As sold in Canada, whole wheat flour may have much of the germ removed. Therefore, 100% whole wheat bread may not be whole grain. It does; however remain a nutritious choice that provides dietary fiber not found in white bread. Remember to read labels

SUBSCRIBE TO OUR NEWSLETTER
 ONLINE
WWW.RAINBOWLUNCHES.COM