Things to Remember about Whole Wheat

The Whole Wheat Kernel

- The *main components* of *wheat are bran, germ and endosperm*.

Whole Wheat: Get The Healthy Choice

- Wholesome health benefits of whole wheat: *reduces health risks* for obesity, diabetes, cancer and heart disease.
- Whole wheat foods have *more fiber, protein, vitamins and minerals* than white.
- Fiber from whole wheat helps to *satisfy the appetite* for a longer time.
- Protein helps the body to *build stronger muscles*.
- Vitamins and minerals *aid in healthy functions* of the body.

Take a Look at Whole Wheat Bread Labels

- The *first ingredient* in the ingredients list should be *whole wheat* to be sure the *product is whole grain*.

Make a commitment to choose whole wheat over white.

Whole wheat makes us healthy and strong!

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