



# GRAINS

## Terms to Know

### Whole grains

Consist of the entire cereal grain seed or kernel

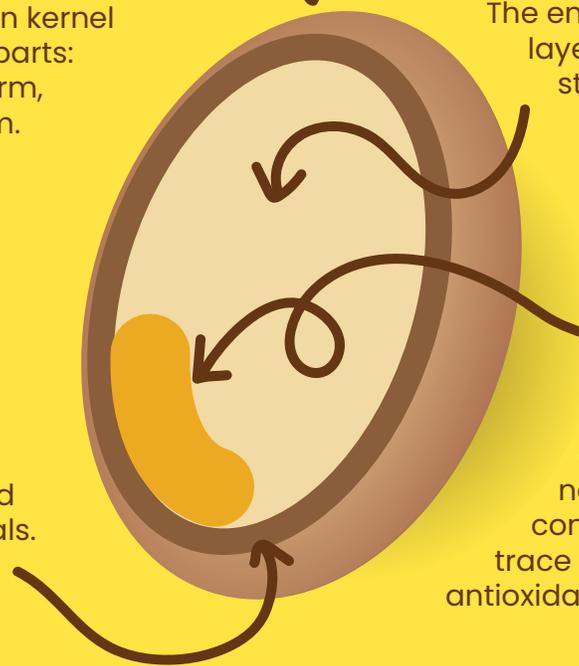
#### Kernel      Endosperm

The grain kernel includes three parts: bran, the endosperm, and the germ.

The endosperm is found in the inner layer of the kernel. The large, starchy endosperm of the grain kernel contains complex carbohydrates, protein, and smaller amounts of B vitamins.

#### Bran

The bran is the outer layer of the kernel. It contains fiber, B vitamins, trace minerals, and other health-promoting substances called phytochemicals.



#### Germ

The germ is found in the inner area of the kernel. It provides nourishment for the seed and contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals.

### Refined grains

Refined grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients. These grains are usually enriched.

### Enriched grains

Enrichment is a process that adds nutrients back to a refined grain product. The nutrients that are usually added back are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid).

### Fortified grains

Fortified means vitamins and minerals were added to a food. Ready-to-eat breakfast cereals are commonly fortified.

