



**FUN
FACTS
ABOUT**

Whole Grains

- Grains are small, dry, hard seeds that people eat, often after grinding them into flour. They include wheat, oats and rice.
- Like all seeds, whole grains have three parts: the part that makes the future plant called the germ, the energy source called the endosperm and the outer coating called the bran.
- Whole grain foods are sometimes darker in color because they include all of the parts of the seed.
- By choosing whole grains, you get fiber and more vitamins and minerals.
- Whole grain options include: barley, corn, steel-cut oats, rolled oats, quinoa, brown/red/or black rice, bulgar wheat or wheat berries.
- Whole grains can be ingredients in foods like whole grain tortilla, bread and pasta.



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