

What is a whole grain?

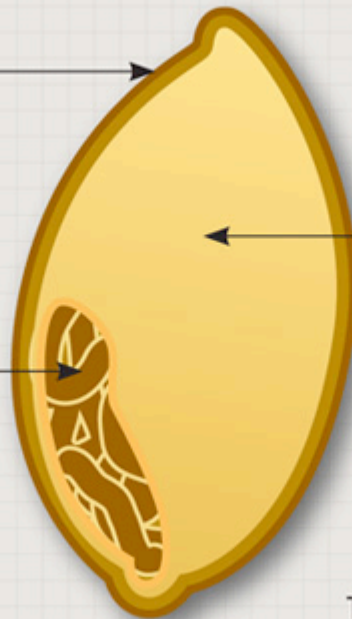
Anatomy of a grain

Bran: protects the seed

- Fibre
- B vitamins
- Minerals

Germ: nourishment for the seed

- B vitamins
- Vitamin E
- Minerals
- Phytochemicals



Endosperm: energy for the seed

- Carbohydrates
- Some protein
- Some B vitamins

The bran and germ are removed when wholegrains are refined.