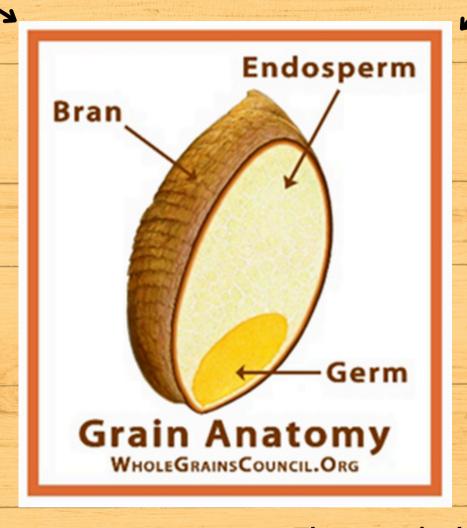
The bran is the multilayered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber. Endosperm is a tissue that nourishes the embryo in the seeds of flowering plants, such as wheat, rice, and coconut.





The germ is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy

What is a Whole Grain? | The Whole Grains Council

This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1-888-947-6583 (Coggs, 1220 W. Vliet Street, 53205). This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.