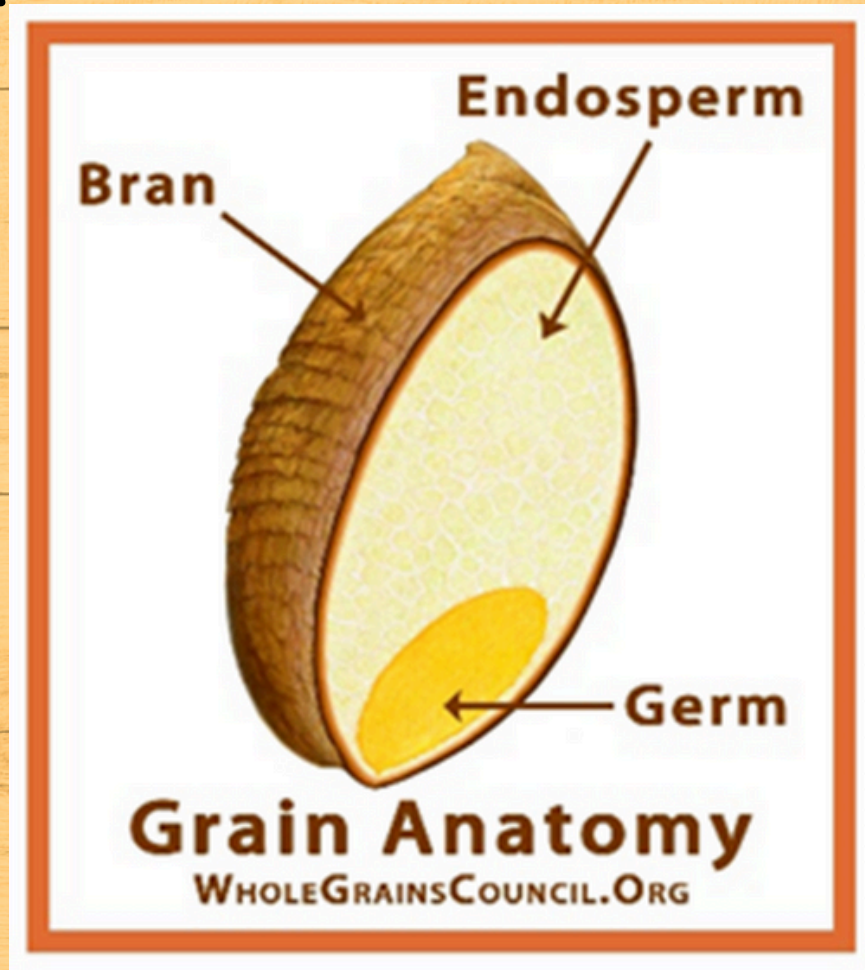
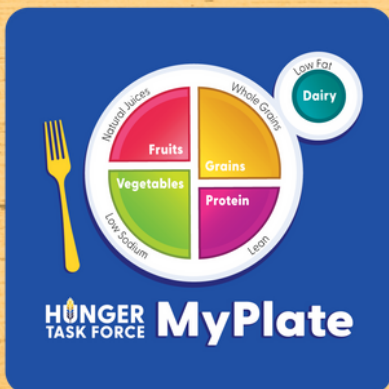


The bran is the multi-layered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber.

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 fats.



What is a Whole Grain? | The Whole Grains Council