

Did you know?

Of the 44 nutrients most essential to your body, wheat contains 40 of them.

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THE KERNEL OF WHEAT

Sometimes called the wheat berry, the kernel of wheat is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour. The kernel of wheat is a storehouse of nutrients needed and used by man.

Fresh-Ground Whole Wheat vs. White Flour

<u>Nutrient</u>	<u>Whole Wheat</u>	<u>White Flour*</u>
Total Dietary Fiber	12.2g	2.7g
Calcium	25 mg	15mg
Iron	3.6mg	1.2mg
Magnesium	124mg	22mg
Phosphorus	332mg	108mg
Potassium	340mg	107mg
Zinc	2.8mg	0.7mg
Copper	0.4mg	0.1mg
Manganese	4.1mg	0.7mg
Selenium	70.7mg	33.9mg
Thiamin	0.5mg	0.1mg
Riboflavin	0.1mg	0.04mg
Niacin	5.7mg	1.3mg
Pantothenic Acid	0.9mg	0.4mg
Vitamin B6	0.3mg	0.04mg
Folate	43mcg	26mcg
Vitamin E	1mg	0.06mg
Total Fat	1.9g	0.98mg

Per 100 grams (approx. 3 ounces). * = unenriched
Source: USDA National Nutrient Database (2004)

Health Benefits of Wheat

Organic  Facts



Nutrients*
Protein 27%
Carbohydrate 24%
Calories 17%

Vitamins*
Niacin 34%
Thiamin 28%
Vitamin B6 21%

Minerals*
Manganese 151%
Selenium 128%
Phosphorus 51%

Prevents Type 2 diabetes

Improves metabolism

Reduces risk of breast cancer

Prevents childhood asthma

Controls obesity especially in women

Protects against heart diseases

Promotes gastrointestinal health
in women

Prevents gallstones and reduces
chronic inflammation

May enhance allergies such as hives, eczema and skin rash

*% Daily Value per 100g. For e.g. 100g of wheat (durum) provides 151% of daily requirement of manganese.

www.organicfacts.net

