



MARCH

WHOLEGRAIN

. A whole grain consists of the entire grain seed of a plant. This seed, also known as the kernel, is made up of three key parts: the bran, the germ, and the endosperm.

Whole grains can be found in whole wheat, whole oats/oatmeal, whole grain cornmeal, popcorn, brown rice, whole rye, whole grain barley, wild rice, buckwheat, bulgur, millet and quinoa.

Whole grains provide a rich source of nutrients including Insoluble Fibre, Beta Glucan, Magnesium, Potassium and Thiamin (B1)

Foods containing wholegrain have a low GI which can protect against heart disease.

