FROD GROUPS

GRAIN INFOGRAPHIC

WHOLE GRAIN VS. REFINED GRAIN

Bran:

the outer layer helps to protect the seed. It is usually rougher in texture and contains high amounts of fiber and other nutrients.

Endosperm:
The largest portion of the seed

The largest portion of the seed that contains high amounts of carbohydrates and a small amount of other nutrients. This part supplies the plant with energy.

The smallest part of the seed that is packed with vitamins & minerals and some fat and protein. This part has the potential to sprout into a new plant!

