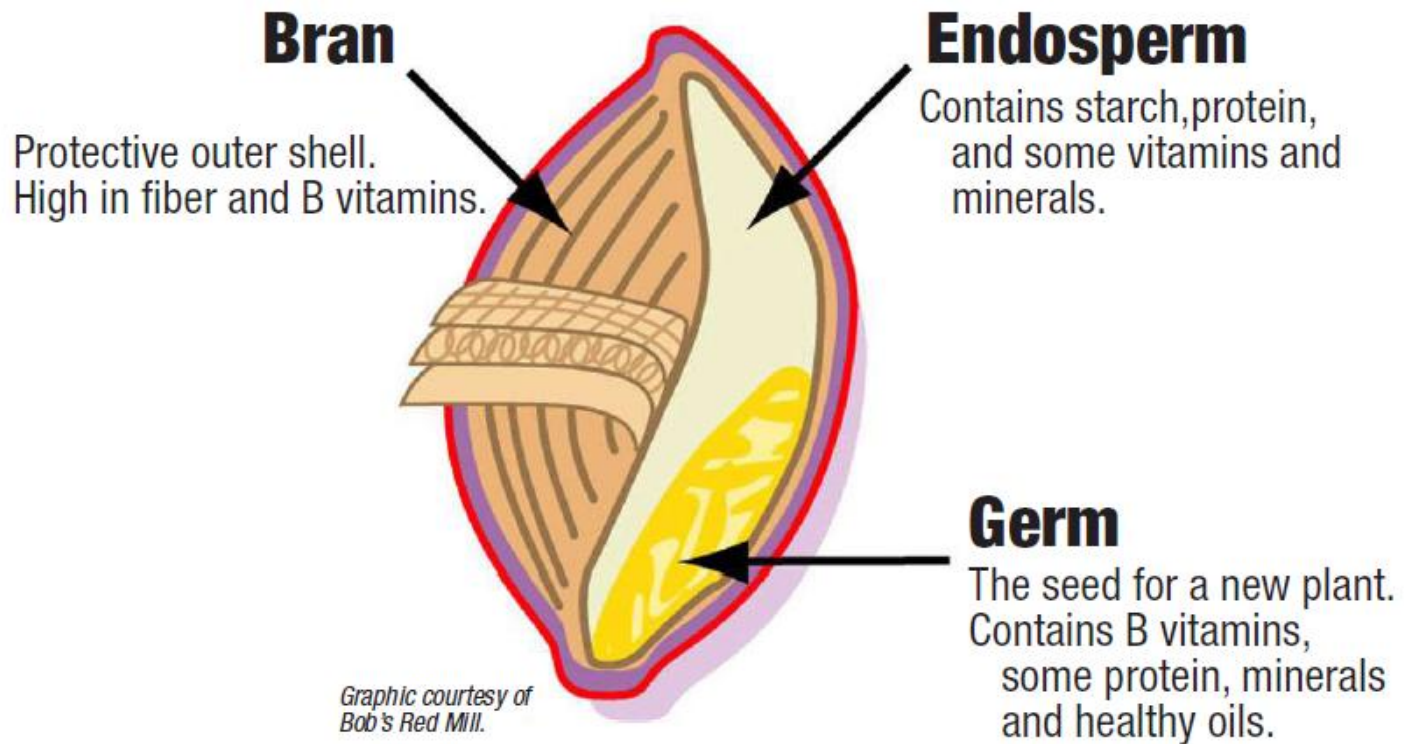
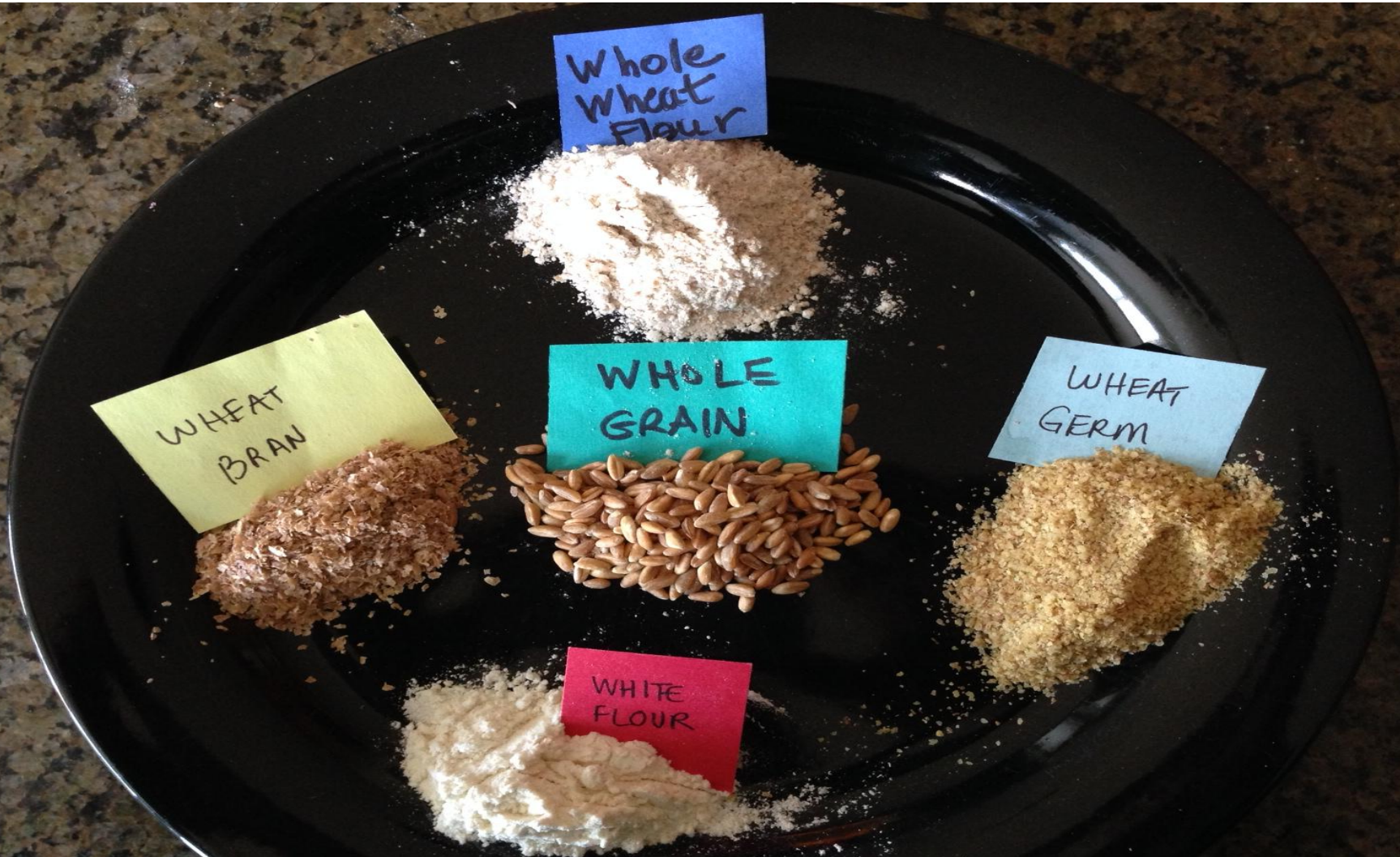


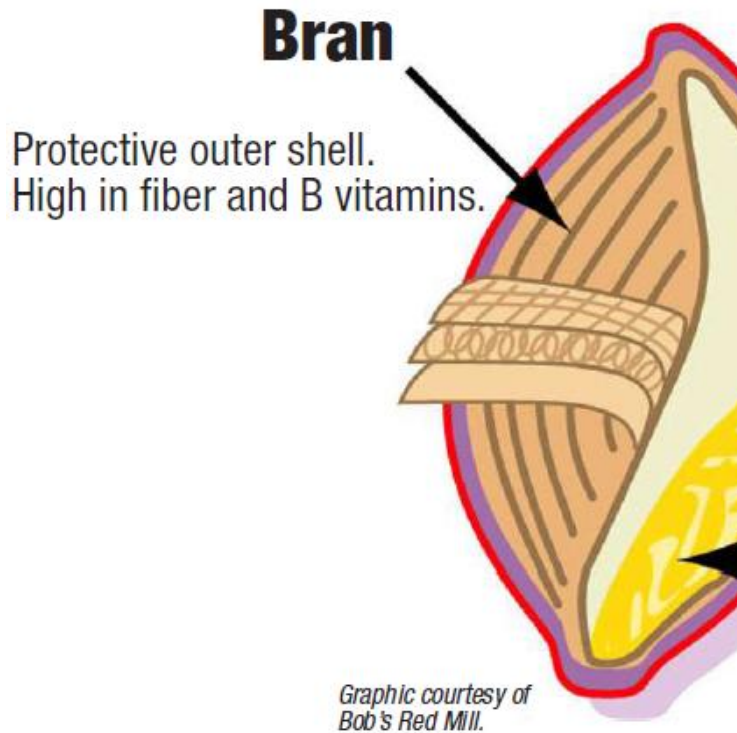
# 3 Parts of a Whole Grain



# Different Parts of the Grain



# Bran

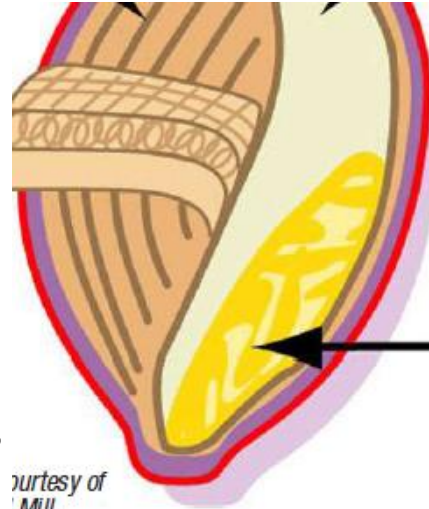


- Makes you feel full
- Promotes a healthy digestive tract
- Contains heart-healthy vitamin B



# The Germ

- Contains healthy fats
- Contains protein
- Contains vitamins and minerals



## **Germ**

The seed for a new plant. Contains B vitamins, some protein, minerals and healthy oils.



# Whole Grains



Whole wheat bread

Oatmeal

Brown Rice

Whole wheat pasta

Quinoa

Popcorn

# Popcorn



# Popcorn





**NURTURE**

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# 3 Parts of a Whole Grain

