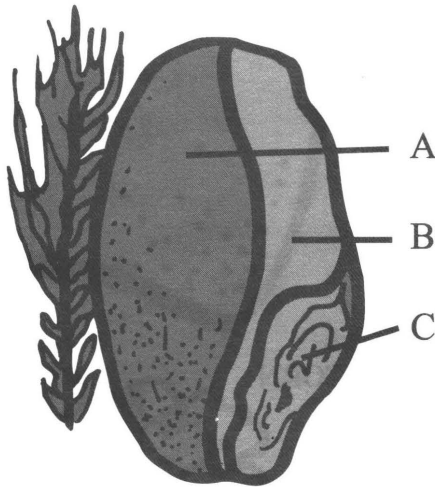




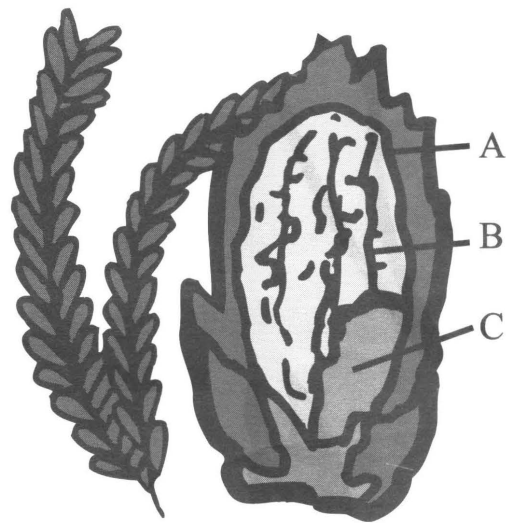
WHOLE GRAIN - A Source Of Fiber



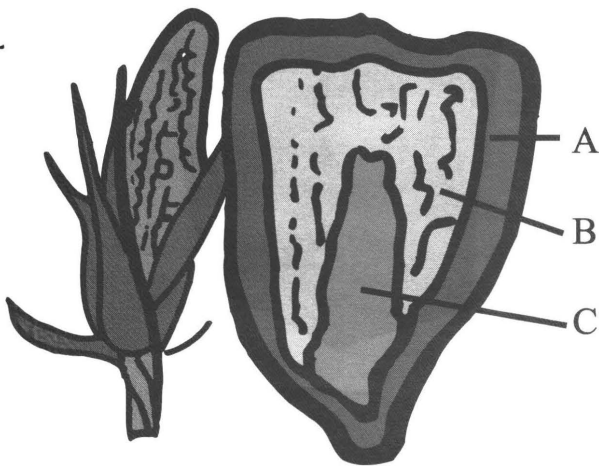
WHEAT KERNEL



OATS

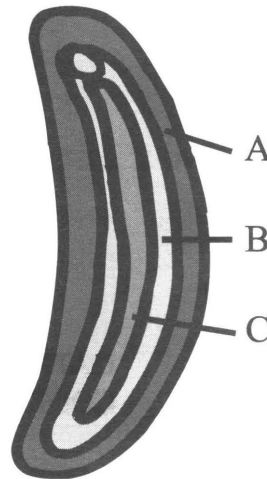


CORN

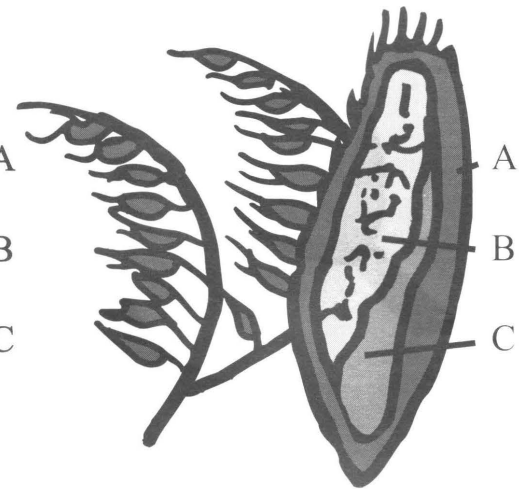


PSYLLIUM

pysllium (the "p" is silent) - a grain similar to oats, corn, and wheat



RICE



- A. **BRAN** - consists of several thin outer layers of the grain kernel and is its protective coat.
- B. **ENDOSPERM** - is the stored food supply for the new plant which develops as the kernel germinates. It comprises about 85% of the kernel.
- C. **GERM** (or embryo) - is the miniature plant which enlarges and develops after the kernel germinates.

Fiber, Fabulous Fiber

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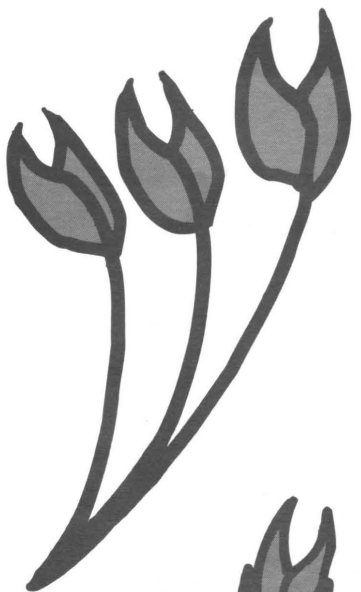


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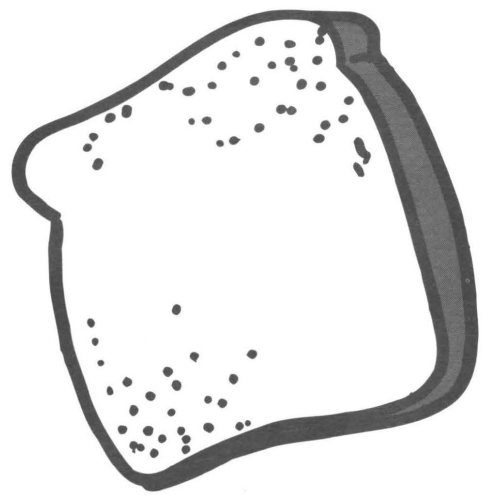
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5655
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No. 348-837
C.2

Fiber-Packed **W H O L E G R A I N S**

Instructions: Draw arrows from the whole grain to the food you eat that has grain in it.



OATS

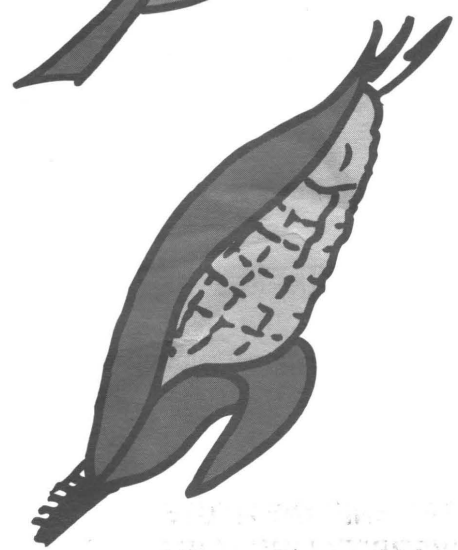


BREAD



WHEAT

POPCORN



CORN

OATMEAL
COOKIES

