

## **Wheat Trivia**

1. Do you know how many kernels there are in a bushel of wheat?  
Approximately one million
2. Can you guess how much a bushel of wheat weighs?  
Approximately 60 pounds
3. How many pounds of white flour do you think a bushel of wheat yields?  
Approximately 42 pounds
4. How many pounds of whole wheat flour does a bushel of wheat yield?  
Approximately 60 pounds
5. How many one-pound loaves of white bread can be made from a bushel of wheat?  
About 70-73 loaves
6. How many one-pound loaves of whole wheat bread can be made from a bushel of wheat?  
About 95 loaves
7. How many pounds of pasta can be made from a bushel of wheat?  
About 42 pounds
8. Do you know how many 24 oz. boxes of wheat flakes cereal can be made by a bushel of wheat?  
About 45 24oz. boxes

**Oklahoma Wheat Commission**  
**3800 N. Classen Blvd., Ste C40**  
**Oklahoma City, OK 73118**  
**(405) 608- 4350**  
[www.okwheat.org](http://www.okwheat.org)  
[info@okwheat.org](mailto:info@okwheat.org)