

KERNELS of wheat are small, so this picture is enlarged so it can be seen clearly. There are 50 kernels in one head of wheat and up to 17,000 kernels in just 1 pound! The kernel is the seed from which the wheat plant grows. It is also the part that humans and livestock eat. The kernel has 3 distinct parts: the bran, endosperm, and germ. These 3 parts are separated during the milling process to produce

BARN

The bran contributes 14 1/2% of the kernel weight. It can also be purchased separately. It is the outer layer and contains the largest amount of insoluble fiber, B vitamins, trace minerals, and a small amount of protein.

ENDOSPERM

The endosperm makes up 83% of the kernel weight. It is the middle layer and contains mostly protein and carbohydrates with small amounts of B vitamins, iron, and soluble fiber.

GERM

The germ is only 2 1/2% of the kernel weight. The germ is the embryo, or the sprouting section of the seed. The germ is the inner part of the kernel and is a rich source of trace minerals, unsaturated fats, B vitamins, antioxidants, and a minimal amount of high quality protein.