

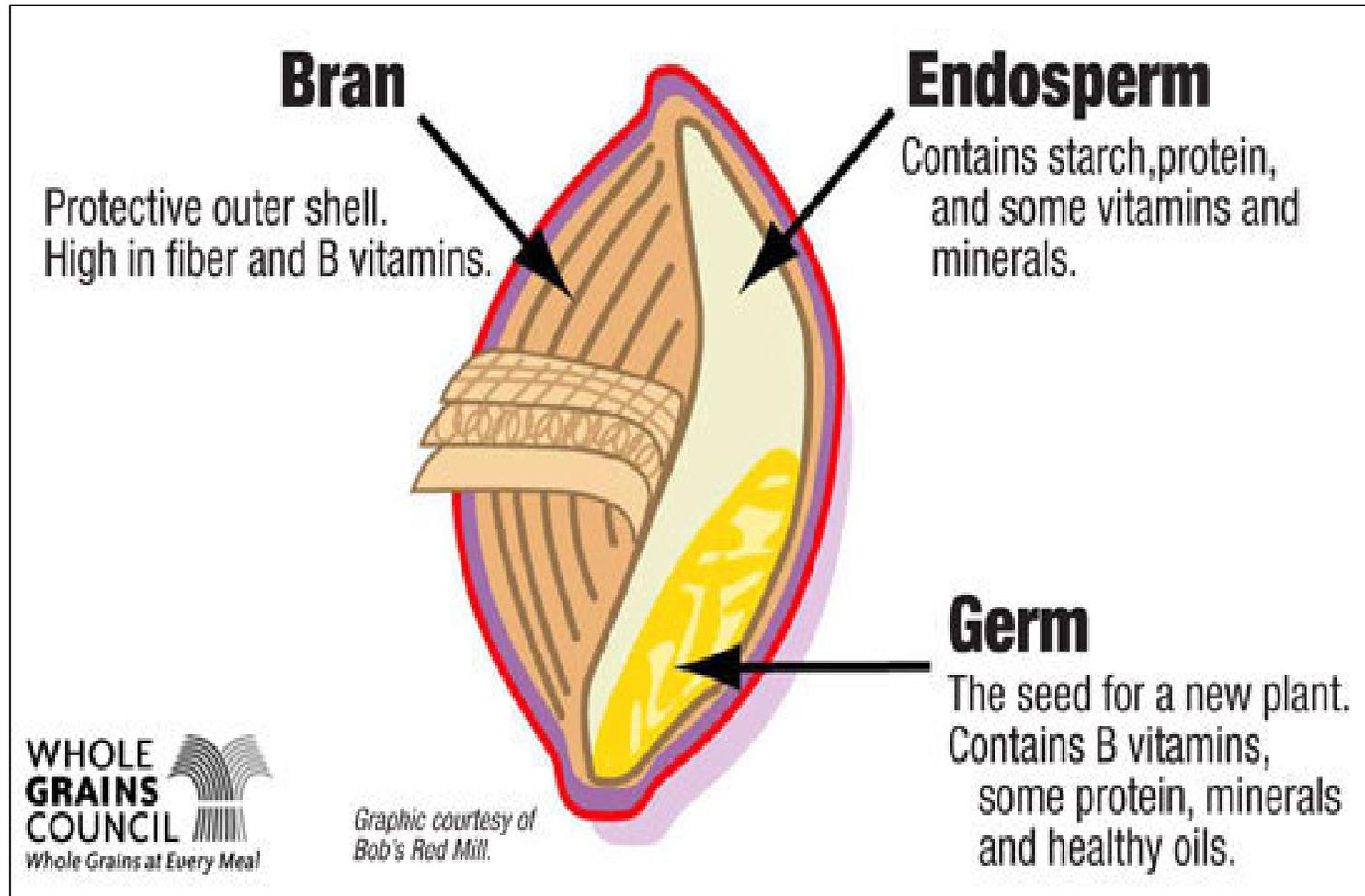
Family Food and Garden Club- OSU Extension Service

THE SEEDS WE EAT



Oregon State
University

Whole Grains Are Seeds



What is a Whole Grain?

A grain is considered to be a **whole grain** as long as it contains all 3 of its original parts:

1. **Bran**
2. **Germ**
3. **Endosperm.**

Grains provide our body with carbohydrates, which is our brains favorite source of energy.

Grains are good for brains!

Some Examples of Whole Grains:

brown rice



buckwheat

bulgur (cracked wheat)

oatmeal



popcorn



whole-wheat cereal

muesli



whole-grain barley

whole-grain cornmeal

whole rye

whole-wheat bread



whole-wheat crackers

whole-wheat pasta

whole-wheat sandwich buns and rolls

whole-wheat tortillas



wild rice



whole cornmeal

shredded wheat cereal

Whole Grains We Eat

Check out this list for some examples of whole grains!

How many of these have you tried before?

Which are your favorites?

The many forms of whole grain foods!

We can eat whole grains in so many different ways. They can be unprocessed like a grain of rice, or processed like whole wheat bread.

Lets look at corn for example:



Corn on the Cob



Canned Corn

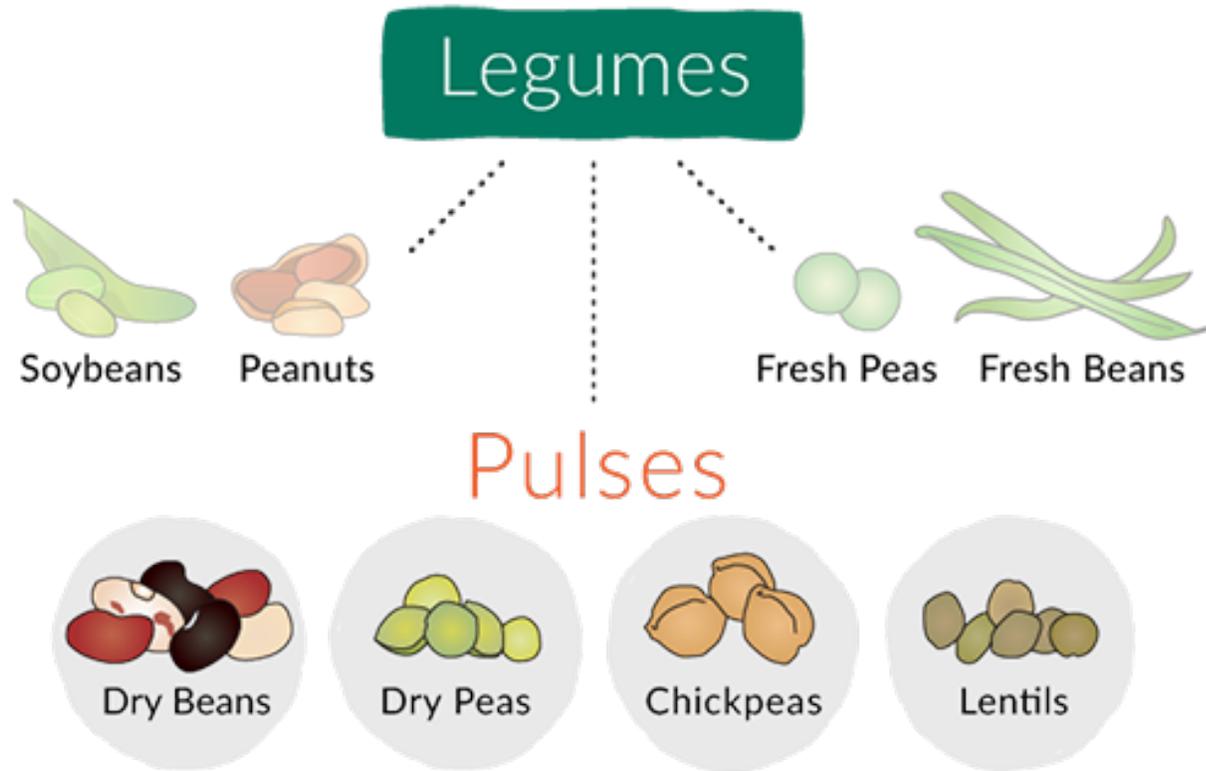


Popcorn



Corn Tortillas

Beans and Legumes are Seeds too!



Did you know all beans are seeds, but not all seeds are beans?

Beans are part of the legume family.

These foods are excellent sources of plant protein.

Protein helps your body stay strong and healthy!