

A Kernel of Wheat

Sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Endosperm

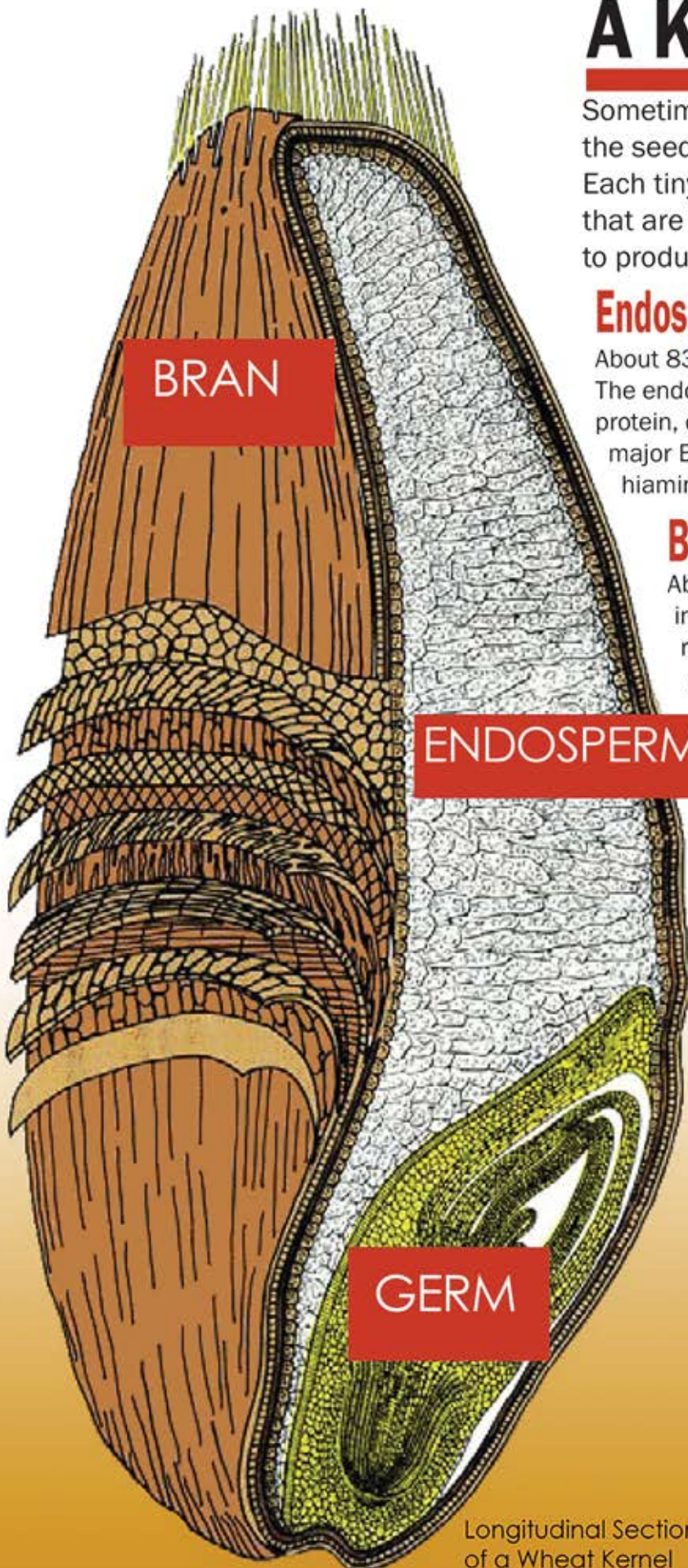
About 83% of kernel weight. The source of white flour. The endosperm contains the greatest share of protein, carbohydrates, and iron, as well as the major B-vitamins, such as riboflavin, niacin, and thiamine. It is also a source of soluble fiber.

Bran

About 14½% of kernel weight. Bran is included in whole wheat flour and can be bought separately. The bran contains a small amount of protein, large quantities of the three major B-vitamins, trace minerals, and dietary fiber—primarily insoluble

Germ

About 2½% of kernel weight. The germ is the embryo or sprouting section of the seed. Often separated from flour in milling because the fat content (10%) limits flour shelf-life. The germ contains minimum quantities of high quality protein and a greater share of B-complex vitamins and trace minerals. Wheat germ can be purchased separately and is part of whole wheat flour.



Longitudinal Section of a Wheat Kernel