Parts of a Grain

Outer Shell
- Bran
- Fiber
- B-Vitamins, Trace Minerals

Middle Layer
- Endosperm
  - Provides energy
  - Carbohydrate, protein

Inner Layer
- Germ
  - Nutrient storehouse
  - B-Vitamins, Phytonutrients, Antioxidants, healthy fats

Milling of Grains

Whole Grain
- All parts milled

Refined Grain
- Endosperm is milled
  - Germ & Bran