

Wheat Nutrients

Carbohydrate

Complex Carbohydrate--Wheat flour is a good source of complex carbohydrate, the most efficient source of energy available to the human body.

Fiber

Fiber is the indigestible carbohydrate in food which acts like a broom to sweep out the digestive tract. One slice of whole wheat bread contains 1.5 grams of dietary fiber; one slice of white bread contains 0.5 grams.

Protein

Wheat foods are moderate sources of incomplete protein. This means that while wheat and other cereal grains may contain all eight of the amino acids necessary for good health, not all eight are found at adequate levels. However, combining wheat or other cereal grains with animal proteins or legumes makes the grain protein complete. Within the cereal group, wheat contains more protein than rice or corn.

Fat

Fats account for 2 to 23 percent of wheat foods, although wheat alone contains very little fat. Most often, the fat content in wheat foods results from fat added in production, such as the oil or shortening found in many baked or fried wheat foods. Bread and pasta products are low.

Other Vitamins And Minerals:

Thiamine--One of the essential B

Niacin--A B-vitamin essential for the efficient use of protein by the body. Wheat foods are a good source of niacin.

Iron--Vital to nutrition. Wheat foods are a reliable source of iron for normal dietary needs.

Zinc--Important for skin healing and growth properties. Wheat foods are a good source of zinc.

Riboflavin--Essential for growth and good vision. Wheat foods are a fair source of riboflavin.

Trace Minerals--Wheat foods are a good source of selenium and magnesium,

nutrients essential to good health.

Did you know???

1. A bushel of wheat weighs about 60 pounds.
2. A bushel of wheat yields approximately 42 pounds of white flour or 60 pounds of whole wheat flour.
3. A bushel of wheat makes about 70 to 73 one-pound loaves of white bread. Recipes for whole wheat breads differ, therefore the number of one-pound loaves of whole wheat bread from a bushel of wheat varies.

Wheat is used in numerous products including bread, cakes, cereals, some brands of licorice, pasta and tortillas - to name a few. U.S. consumers eat 146 pounds of wheat per year, which is still well below the recommended consumption of six to 11 servings per day.

Grain products are generally low in fat, and are rich in fiber and complex carbohydrates (starches).

Complex Carbohydrates provide our best source of energy and contain less than half the calories of fat. That's why you can carb up and slim down.

Insoluble fiber aids in weight control if high-fiber foods are substituted for high-fat, high-calorie foods. It also helps lower the risk of some cancers.

Eating more soluble fiber may lower blood cholesterol in some people when eaten as part of a low-fat diet.

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