



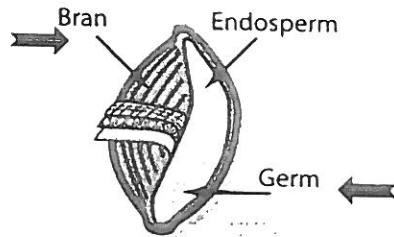
# Dr. Riba's Health Club

Children and families feeding well, feeling well, living well



## WHOLE GRAINS

When man processes the grain, he removes the bran and the germ, but it is the bran and the germ that is very rich in nutrition. What they are left with is the endosperm. The endosperm is white in color. It has some nutrients, but very little.



### When wheat is processed it loses:

80% of the FIBER  
VIT E 98%  
Vit B1 83%  
Vit B2 68%  
Vit B3 84%  
Vit B6 94%  
Pantothenic Acid 57%  
Folic Acid 77%  
78% of the IRON  
PHOSPHORUS 77%  
CALCIUM 57%  
COPPER 68%  
CHROMIUM 40%

Here are examples of processed grains. Notice that they are almost always white in color. If they are not white it is usually because they add food coloring. For example, sometimes the only difference between "wheat bread" and white bread is caramel food coloring. Read the ingredient list. Processed breakfast cereals often have added food coloring, for example: Fruit Loops, Choco Krispies, Lucky Charms.

- White bread
- "Wheat bread"
- White rice
- White noodles
- White flour tortillas
- White crackers
- Most breakfast cereals
- Wheat flour
- Enriched wheat flour
- Enriched flour
- Unbleached wheat flour
- Starch
- Modified starch



## EXAMPLES OF WHOLE GRAINS

- Old Fashioned Oatmeal
- 100% Whole Wheat Bread
- Corn Tortillas
- 100% Whole Wheat Tortillas
- Brown Rice
- Breakfast cereals like Uncle Sam's or Shredded Wheat.

