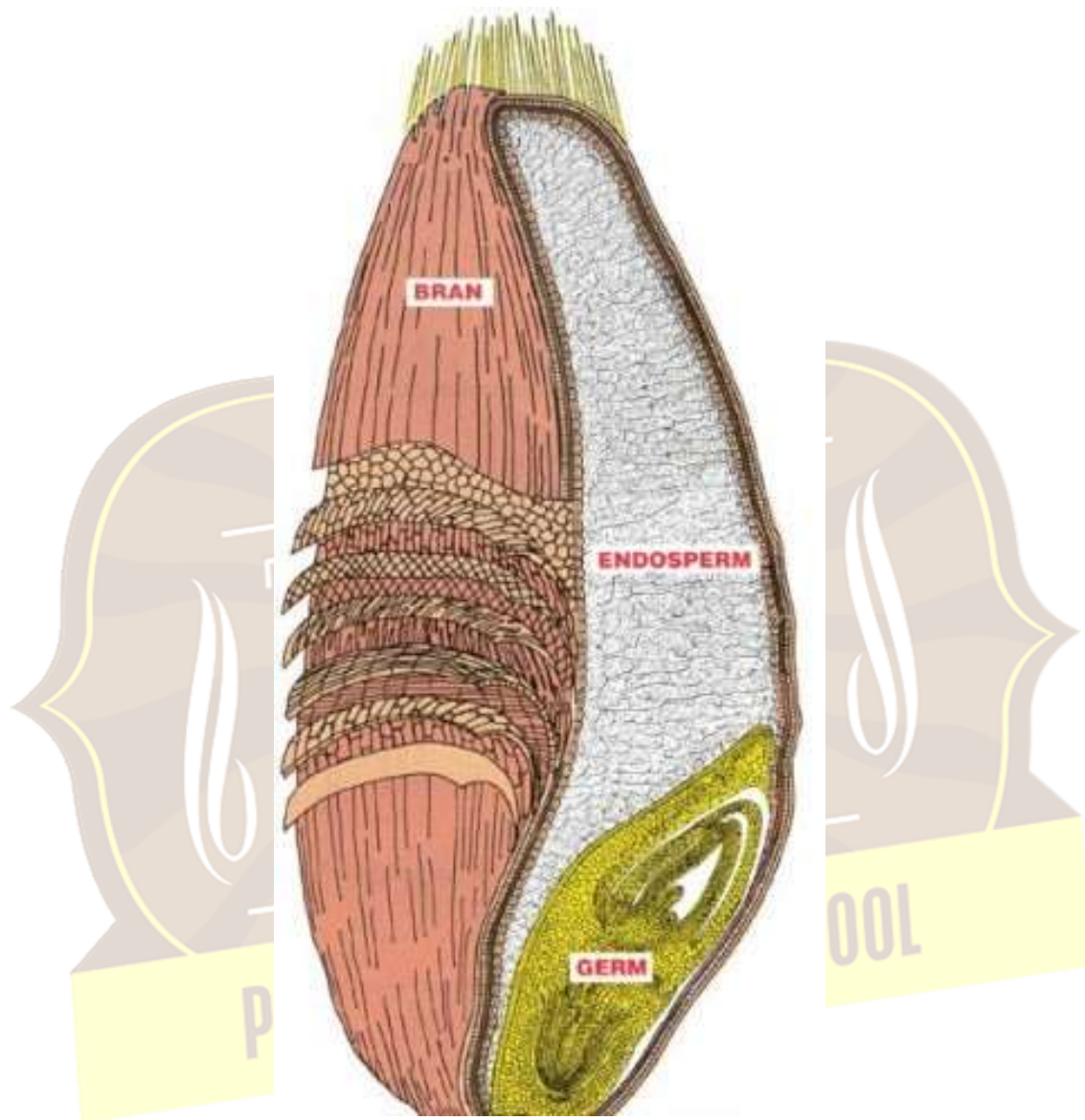


UNDERSTANDING WHEAT KERNEL



Wheat kernel or wheat berry is the seed from which the wheat plant grows. Each seed has three parts which are separated during the milling process.

ENDOSPERM

It comprises of about 83% percent of the kernel weight and is the main source of white flour. It contains the greatest share of the proteins, carbohydrates and ions. Major share of B-Vitamins such as riboflavin, niacin and thiamine is also present in the endosperm, along with fibre.



BRAN

This makes up to about 14.5% of the kernel weight and is the outer layer of the wheat berry. It is included in the production of whole wheat flour. It contains a small quantity of protein and large quantities of the three major B-vitamins, minerals and fibre.

GERM

It is about 2.5% of the kernel weight. It is also used in the production of whole wheat flour. It is the sprouting or seed part of the kernel through which the wheat plant grows. It contains very less quantity of proteins, and a greater share of B-complex vitamins and minerals and some health fat.

