**WHOLE GRAIN**

(noun)

Edible grain that contains all three 3 grain parts – the bran, germ, and endosperm –

all present in the same proportions as when the grain was growing in the fields.

Examples of whole grain foods include:

Barley, Buckwheat, Bulgur, Corn, Oats, Quinoa, Rice, Rye, Wheat, Wild Rice