



Here's to Your Health!

At *Bruin Plate*, we offer you a menu of fresh and wholesome food choices. Discover how the foods we prepare for you are not only delicious, but also beneficial to your health!

»WHOLE GRAINS«

What is a Whole Grain?

A whole grain is the entire seed, or kernel, of a plant. The kernel is made up of three parts:

- **Bran** — The outermost protective layer that contains fiber, B vitamins, and antioxidants.
- **Endosperm** — The internal layer of tissue that provides essential nutrients to the plant embryo including starch, protein, oils, and vitamins and minerals.
- **Germ**— The seed for a new plant that contains B vitamins, some protein, minerals, and healthy oils.

What are the Health Benefits?

Studies have shown that replacing refined grains with whole grains lowers the risk of many chronic health conditions including cancer, cardiovascular disease, diabetes, and obesity. Whole grains have also been associated with healthier arteries, lower blood pressure, and reduced risk of asthma, gum disease, tooth decay, and inflammatory diseases.

Whole grains are a good source of protein and fiber. They also contain minerals essential to a healthy diet including iron, magnesium, phosphorus, manganese, B vitamins, selenium, zinc, and copper. These minerals are present in varying amounts in different types of grains, so eating a variety of whole grains is recommended.

Whole Grains Served at Bruin Plate:

- Amaranth
- Barley
- Brown Rice
- Polenta
- Buckwheat
- Farro
- Spelt & Spelt Berries
- Wheat Berries
- Wild Rice



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