One combine can harvest enough wheat for 60 loaves of bread in nine seconds!

Wheat kernels can be ground into flour at a mill or kept whole and eaten as wheat berries.



Wheat is an excellent source of thiamin, a vitamin that helps your body produce energy.

~ Whole wheat is an excellent source of vitamin B6, a vitamin that can help prevent kidney stones.

Whole wheat is rich in iron, which allows the blood to transport oxygen throughout the body.

~ The potassium in whole wheat plays a role in maintaining healthy blood pressure.

Eating whole grains as part of a healthy diet may reduce the risk of heart disease. There are six classes of wheat.

Soft white wheat, the most commonly grown wheat in Oregon, is great for making muffins, pretzels, crackers, and ramen noodles.



Wheat is actually a member of the grass family! We eat the seeds, which are called kernels.



OREGOR

While most varieties of wheat grow between two and four feet tall, some varieties can grow up to seven feet tall!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



One bushel of wheat produces 42 pounds of white flour and 60 pounds of whole wheat flour.



