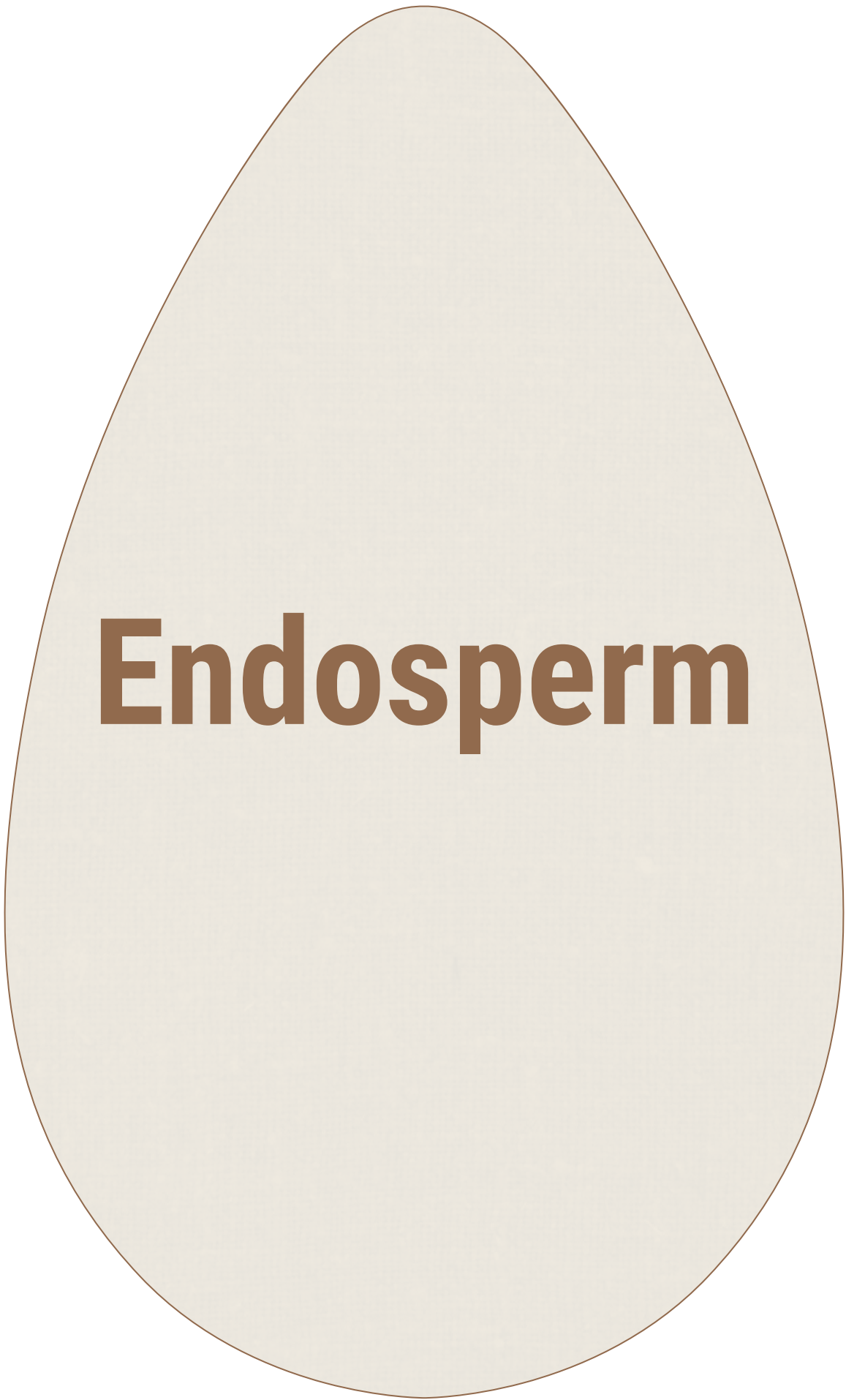


Parts of the Whole Grain



A whole grain is made up of three parts. A refined grain has only one part.
Which do you think is more healthy?