



Six Things Everyone Should Know About Wheat in Our Diet

- **Wheat goes back to the cradle of civilization.**
 - Wheat was one of the first cultivated grains, which allowed our human ancestors to build cities and develop modern civilization. Wheat is the foundation of many wholesome, healthful products enjoyed across the globe, and has been for thousands of years.
- **Wheat provides energy.³**
 - The complex carbohydrates found in bread and other foods made from wheat provide fuel the human body needs. Carbohydrates are the body's preferred fuel source.
- **Wheat flour is a vehicle for vitamins and minerals and an important source of carbohydrates, fiber, magnesium, B vitamins, folic acid, antioxidants and phytochemicals.**
 - These nutrients contribute positively to health and can help prevent many of the chronic diseases plaguing the world today, such as heart disease, diabetes, some cancers and neural tube birth defects.
- **The average, healthy adult should consume six one-ounce servings of grain foods each day. Approximately three-quarters of all U.S. grain products are made from wheat flour.**
 - The Dietary Guidelines for Americans, which are the gold standard for scientifically-sound nutrition advice, recognize that both whole and enriched grain products have a place in a balanced diet and call for individuals to "make half your grains whole grains."⁴
- **Wheat provides approximately 20% of the protein for more than half of the world's population.¹**
 - Wheat is the basis of important staple foods in both developing and developed nations across the globe. As a food group, grains provide Americans more than half their daily intake of iron, thiamin and folate, nutrients essential for energy and good health.
- **People don't get celiac disease simply because they eat wheat.**
 - There are a number of theories to explain the increased rates of celiac disease and gluten sensitivity. Researchers are learning more each day but the fact remains that you must have a specific gene to develop celiac disease.