

# WHEAT KERNEL

The wheat kernel is the seed from which the plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

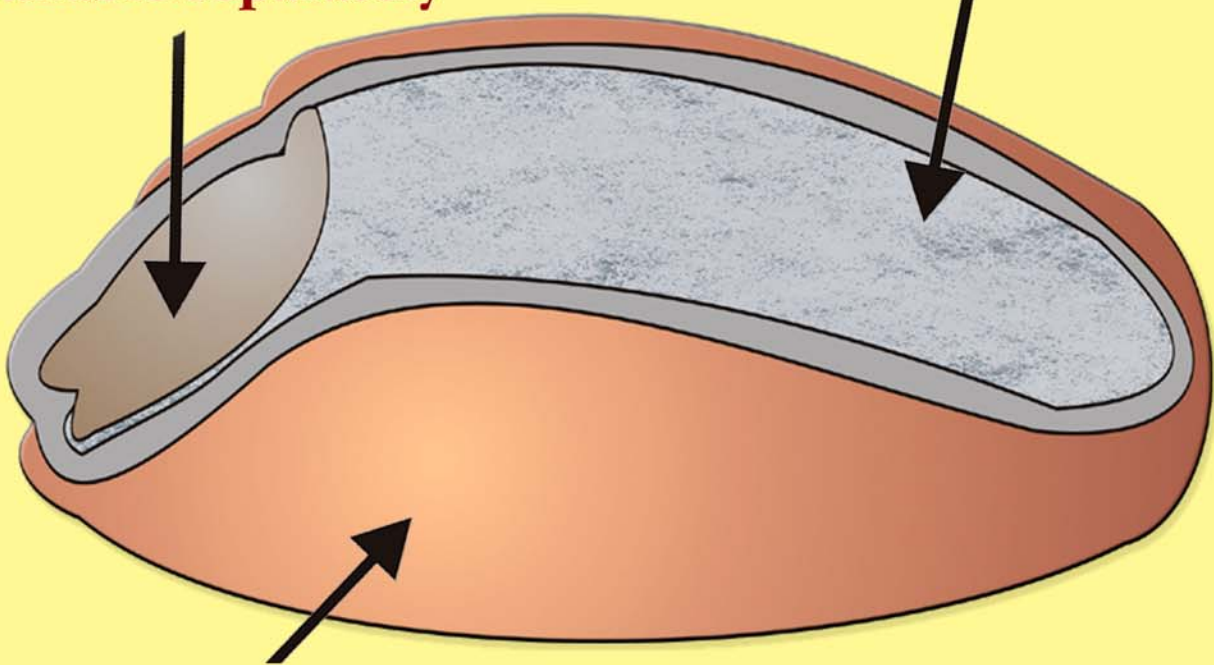
## Germ –

2.5% of the kernel weight

- Embryo of the seed
- Separated from white flour
- Included in whole wheat flour
- Available separately

## Endosperm –

83% of the kernel weight  
– Source of white flour



**Bran – 14.5% of the kernel weight**

- Included in whole wheat flour
- Available separately
- Separated from white flour