

# ALL ABOUT WHEAT



## HEALTH BENEFITS OF WHEAT

Wheat provides carbohydrates. It contains fiber, B vitamins, folate, iron and magnesium. Wheat also contains antioxidants.

*Yum!*



Nutrition Facts	
Portion Size	120 g
Amount Per Portion	
<b>Calories</b>	<b>408</b>
% Daily Value *	
<b>Total Fat</b> 3g	4 %
Saturated Fat 0.5g	2 %
<b>Sodium</b> 2.4mg	0 %
<b>Total Carbohydrate</b> 86g	31 %
Dietary Fiber 13g	46 %
Sugar 0.5g	
<b>Protein</b> 16g	32 %
Vitamin D 0mcg	0 %
Calcium 41mg	3 %
Iron 4.3mg	24 %
Potassium 436mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

## WHAT IS WHEAT?

Wheat is a type of grass whose seeds, kernels, are a major food source for humans. It is used to make flour.

## DIFFERENT TYPES OF WHEAT

Hard Wheats:

- Hard Red Spring: High in protein and often used in bread flour blends.
- Hard Red Winter: Also good for bread and rolls, with versatile milling and baking characteristics.
- Hard White: Has a mild, slightly sweet flavor, making it a good choice for whole grain bread.
- Durum: The hardest, primarily used for pasta.

Soft Wheats:

- Soft Red Winter: Used for cakes, cookies, crackers, and pastries.
- Soft White: Also suitable for cakes, pastries, and flatbreads, and is low in protein.





*delicious!*



## FUN FACTS

- People first grew wheat as early as 9,000 years ago in the Middle East. Today China, India, and the United States are leading wheat producers.
- One bushel of wheat can make about 42 loaves of bread!
- In the United States wheat is a major crop grown in Kansas, North Dakota, Montana, Washington and Oklahoma.
- Some wheat plants can grow up to 4 feet tall.
- It's one of the top 3 crops grown in the world.
- Wheat has a protein called gluten that helps dough stretch and bread rise.
- The left over stems are called Straw and can be used for animal bedding, mulch and weaving baskets.

*HA HA HA*



**WHAT DO YOU CALL A WHEAT  
THAT'S ALWAYS HAPPY?  
A GRAIN OF SUNSHINE**

## WHEAT IN SOUTH DAKOTA

- Wheat is a very important crop in South Dakota, used to make bread, pasta, and more!
- Farmers plant wheat in the spring or fall, and it's a major part of the state's agriculture.
- Two main types are grown: spring wheat (planted in spring) and winter wheat (planted in fall).
- The state plants an average of 47.9 million bushels of winter wheat and 66 million bushels of spring wheat in a year.

## A LOOK IN YOUR PANTRY

- Whole or coarsely chopped wheat kernels are cooked and used in cereals and soups.
- The kernels are also cleaned and then crushed to make flour. The flour is used to make bread, cakes, crackers, cookies and pasta.

