Open Peer Review on Qeios

## Whole grain

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## Source

*Jan Willem van der Kamp, Kaisa Poutanen, Chris J. Seal, David P. Richardson. (2014). <u>The</u> <u>HEALTHGRAIN definition of 'whole grain'.</u> Food & Nutrition Research, vol. 58 (1), 22100. doi:10.3402/fnr.v58.22100.* 

- Whole grains shall consist of the intact, ground, cracked or flaked kernel after the removal of inedible parts such as the hull and husk. The principal anatomical components the starchy endosperm, germ and bran are present in the same relative proportions as they exist in the intact kernel.
- Small losses of components that is, less than 2% of the grain/10% of the bran that occur through processing methods consistent with safety and quality are allowed.