

Wheat Germ

Walk past any [health food](#) store and you will no doubt see advertisements for [wheat](#) germ. Wheat germ is one of the most nutritional products available. In fact, wheat germ contains 23 nutrients, and has more nutrients per ounce than any other vegetable or grain.

Wheat germ is a part of the wheat kernel. The germ is only a very small part of the kernel, approximately 2 ½ percent in total. The word germ does not have anything to do with bacteria; it simply refers to germination. The germ is the reproductive part that germinates and forms the wheat grass.

Wheat germ is very high in protein. It contains around 28 percent protein and has more protein than can be found in most meat products. The human body needs protein in order to repair tissue damage and to help minerals and nutrients reach our cells.

The amount of nutrients that are contained within wheat germ seems endless. It contains more [potassium](#) and iron than any other food source. Also found in great quantities are [riboflavin](#), [calcium](#), [zinc](#) [magnesium](#) and [vitamins](#) A, B1 and B3. Vitamins B1 and 3 are very important to maintain energy levels and maintain [healthy](#) muscles, organs, hair and skin.

Another important [vitamin](#) found in wheat germ is vitamin E. Vitamin E is a very important [antioxidant](#). It is helpful in preventing the body's [aging](#) process and also to prevent [heart disease](#). Vitamin E also helps to prevent [blood clots](#) and is needed to strengthen the body's [immune system](#).

Wheat germ has been found to be very beneficial in order to keep the body in tip top condition. It is used by athletes in their diet to improve cardiovascular function and improve endurance levels. Body builders will also add wheat germ to their diets in order to bulk up and maintain the nutritional levels they need to perform.

You can buy wheat germ from all good health stores and many supermarkets will carry it as well. It can either be purchased in toasted or fresh form. There are also many food products that already contain wheat germ. A number of cereals are made with it, as well as bread and flour.

If you make your own bread or cakes you can easily add wheat germ when baking by using it instead of a small amount of flour. You will find that it has a sweet, almost nutty flavor that is not too overpowering. It can also be added to meat [dishes](#), eggs, [vegetables](#) and even [yogurt](#).

Wheat germ

The germ of a [cereal](#) is the reproductive part that germinates to grow into a plant; it is the [embryo](#) of the [seed](#).

Wheat germ is a concentrated source of several essential [nutrients](#) including [Vitamin E](#), [folate](#) (folic acid), [phosphorus](#), [thiamin](#), [zinc](#) and [magnesium](#), as well as [essential fatty acids](#) and [fatty alcohols](#). It is a good source of fiber^[1] Along with [bran](#), germ is often a [by-product](#) of the milling that produces refined grain products. [Wheat germ oil](#), [rice bran oil](#) (germ), maize germ, and others may be used to extract [vegetable oil](#) or directly as a food-making ingredient. The germ is retained as an integral part of [whole grains](#). During the making of white bread, [flour](#) that has had the germ removed is used.

Wheat germ, due to its high concentration of [complex carbohydrates](#) and [protein](#) aids in gaining muscle and reducing instances of [catabolism](#). These properties, in addition to the essential [vitamins](#) and [fatty acids](#) also present, make wheat germ a possible [supplement](#) for body builders and athletes.

It can be added to [protein shakes](#), [casseroles](#), [muffins](#), [pancakes](#), [cereals](#) and [yogurt](#) ^[2]

It can go [rancid](#) if not properly stored in a fridge or freezer, and away from sunlight.

Wheat Germ

Wheat Germ always has provided an impressive bundle of nutrients including [vitamin E](#), [folate](#), [phosphorus](#), [thiamin](#), [zinc](#) and [magnesium](#).

Wheat germ contains naturally occurring polyunsaturated fat. A two-tablespoon serving of original toasted wheat germ contains 50 calories and 1 gram of fat; a 1-2/3 tablespoon serving of honey crunch wheat germ contains 50 calories and 1 gram of fat. Storing Wheat Germ

Because of its high oil content, improperly stored wheat germ can become rancid. So store it in sealed glass jars and keep it refrigerated. Find other, prepackaged wheat products in most natural foods and grocery stores; buy in bulk for maximum savings.

Wheat Germ Oil

There are no extra health benefits to wheat germ oil, as far as we know. But there is nothing in wheat germ oil that is likely to cause you any harm. In general, wheat germ oil contains fat, a white alcohol called octacosanol, and vitamin E as well as other vitamins and minerals.

In the 1960's, based on studies conducted in the US and Russia, wheat germ oil was touted as improving endurance, reaction times, stamina, and vigor. However, there has been considerable criticism about how these studies were conducted and the way the findings were interpreted. Also, the active ingredients that were supposed to cause the beneficial effects could not be identified. Some said it was the [vitamin E](#); others pointed to the octacosanol as the source.

Eventually, the Federal Trade Commission analyzed many of the published studies and concluded that wheat germ oil did not have special fitness, athletic or health enhancing qualities. Advertisements saying wheat germ oil did have such attributes have since been banned.

Wheat Bran

Wheat bran is one of nature's richest sources of natural food [fiber](#), recognized for its role in helping to maintain regularity.

Many commercial oat bran and wheat bran products (muffins, chips, waffles) contain very little bran. They also may be high in [sodium](#), total fat and saturated fat. Read labels carefully.

Wheat bran can help:

- Give you 100 percent of the natural fiber you need.
- Help maintain regularity
- Help maintain normal bowel function
- Relieve occasional constipation, such as caused by changes in dietary habits or travel.

Wheat bran, the outer layer of the grain, is rich in fiber and nutrients.