

# Wheat Nutrition Facts



A 3.5 ounce serving of whole-grain wheat flour (100g) provides 340 calories, 72 grams of carbohydrates, 10.7 grams of fiber, 13.2 grams of protein, 2.5 grams of fat, and 0.4 grams of sugars. Whole wheat is a good source of carbohydrates and is a source of selenium, manganese, phosphorus, copper, and folate.

- Calories: 340
- Fat: 2.5g
- Carbohydrate: 72g
- Fiber: 10.7g
- Sugars: 0.4g
- Protein: 13.2g

# Wheat Health Benefits

## Contributes to Gut Health

Whole-grain wheat is rich in insoluble fiber, which is concentrated in the bran. Wheat bran may function as prebiotics, feeding some of the beneficial bacteria to the gut. It may also shorten the time it takes undigested material to travel through the digestive tract.



## May Prevent Colon Cancer

Whole wheat is rich in fiber and a number of antioxidants and phytonutrients that may reduce the risk of colon cancer.



## May Lower the Risk of Stroke

Whole wheat contains fiber, vitamin K, and antioxidants, compounds that can reduce the risk of stroke.



## May Lower the Risk of Type 2 Diabetes

Whole wheat has been linked to lower fasting blood sugar levels and improved insulin sensitivity. Whole wheat contains magnesium, a mineral that helps the body metabolize carbohydrates and is tied to insulin sensitivity.

