

CEREAL AND DAIRY PRODUCTS



Cereals are grasses (members of the monocot family Poaceae, also known as Gramineae) cultivated for the edible components of their grain (botanically, a type of fruit called a caryopsis), composed of the endosperm, germ, and bran. Cereal grains are grown in greater quantities and provide more food energy worldwide than any other type of crop; they are therefore staple crops. In their natural form (as in whole grain), they are a rich source of vitamins, minerals, carbohydrates, fats, oils, and protein. However, when refined by the removal of the bran and germ, the remaining endosperm is mostly carbohydrate and lacks the majority of the other nutrients. In some developing nations, grain in the form of rice, wheat, millet, or maize constitutes a majority of daily sustenance. In developed nations, cereal consumption is moderate and varied but still substantial.

The word cereal derives from Ceres, the name of the Roman goddess of harvest and agriculture.

Maize	known in many English-speaking countries as corn, is a grain domesticated by indigenous peoples in Mesoamerica in prehistoric times. The leafy stalk produces ears which contain seeds called kernels. Though technically a grain, maize kernels are used in cooking as a vegetable or starch.
Rice	is the most important grain with regard to human nutrition and caloric intake, providing more than one fifth of the calories consumed worldwide by the human species.
Wheat	is grown on more land area than any other commercial crop and is the most important staple food for humans
Barley	a member of the grass family, is a major cereal grain. Important uses include use as animal fodder, as a source of fermentable material for beer and certain distilled beverages, and as a component of various health foods
Sorghum	In arid, less developed regions of the world, sorghum is an important food crop, especially for subsistence farmers. It is used to make such foods as couscous, sorghum flour, porridge and molasses.
Millet	The millets are a group of highly variable small-seeded grasses, widely grown around the world as cereal crops or grains for both human food and fodder.
Oats	is a species of cereal grain grown for its seed, which is known by the same name (usually in the plural, unlike other grains). While oats are suitable for human consumption as oatmeal and rolled oats, one of the most common uses is as livestock feed.
Rye	is a grass grown extensively as a grain and as a forage crop. It is a member of the wheat tribe and is closely related to barley and wheat. Rye grain is used for flour, rye bread, rye beer, some whiskeys, some vodkas, and animal fodder

Buckwheat	Despite the common name and the grain-like use of the crop, buckwheat is not a cereal or grass. The grain is called a pseudocereal to emphasize that the plant is not related to wheat.
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The grains group are made up of two main groups:

Whole grains

Refined grains

You can buy grains that you can eat in its natural state and other grains require cooking before you can eat them. Grains can be purchased from bins or prepackaged. There are also foods that are made from grains that you can buy.

As a general rule, brown grain food products are whole grains and white grains have been bleached and processed. But always check the food label and look for the "100% whole grains". This has the most fiber. However, some grains are enriched so they do have vitamins and minerals and some grains may also have bran added. Bran provides fiber. Take a moment and read the label.

Whole Grains	Refined grains
	
<ul style="list-style-type: none"> Amaranth Barley Brown Rice Brown Rice Bread Brown Rice Tortilla Buckwheat Bulgur (Cracked Wheat) Farro / Emmer Flaxseed Grano Kamut® Grain Millet Oats Oat Bread Oat Cereal Oatmeal Popcorn Whole Wheat Cereal Flakes Muesli Oats Quinoa Rye Sorghum Spelt Teff Triticale 	<ul style="list-style-type: none"> Cornbread Corn Tortillas Couscous Crackers Flour Tortillas Grits Noodles Spaghetti Macaroni Pitas Pretzels Ready-To-Eat Breakfast Cereals White Bread White Sandwich Buns And Rolls White Rice

Whole Grain Barley
Wheat Berries
Whole Grain Cornmeal
Whole Rye
Whole Wheat Bread
Whole Wheat Couscous
Whole Wheat Crackers
Whole Wheat Pasta
Whole Wheat Pita Bread
Whole Wheat Sandwich Buns And
Rolls
Whole Wheat Tortillas
Wild Rice

