What is a whole grain?
Whole grain foods contain all 3 parts of the kernel namely the **outer fiber-rich bran layers**, the **starchy endosperm** & the **nutrient-packed germ**.

What is a refined grain?
Bran & germ parts are mostly removed in refined grain foods, **only the starchy endosperm remains**.
KIDNEY-FRIENDLY WHOLE GRAINS

- CORN KERNELS
- LENTILS
- BROWN RICE
- MILLET
- SORGHUM
- LARGE OAT FLAKES
- BARLEY
- WHEAT RICE
- BUCK WHEAT
- AMARANTH
- BULGAR
- QUINOA