INCREDIBLE EDIBLE IDAHO

WHEAT

WHEAT NUTRITION FACTS:

Carbohydrates from wheat provide the energy you need to play, learn, sleep and keep your body running!

Make half your grains whole: half of the grains you eat each day should be whole grains.

Whole grains, like whole wheat bread, provide fiber and other nutrients that help keep your body healthy.

Whole grains contain antioxidants that help fight off disease.

Not all brown breads are whole grain. The only way to tell if a food is a true whole grain is to read the label. The label should list "Whole Wheat Flour," as one of the first ingredients.

IDAHO WHEAT FACTS:

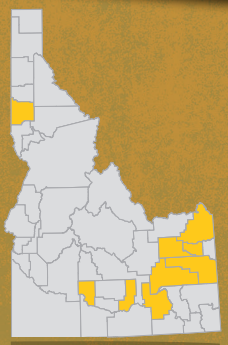
Wheat is grown in 42 of 44 counties in Idaho and 42 of the 50 states in America.

Idaho ranks 5th in the nation in wheat production with over 106 million bushels produced in 2010.

Wheat is measured in bushels. A bushel weighs about 60 pounds and will make about 73 loaves of bread or 53 boxes of cereal.

One acre (an area about the size of a football field) can produce enough wheat to provide your family with bread for about 10 years.

Besides bread, wheat is used to make cereals, crackers, noodles, cakes, cookies and even licorice!



Top wheat producing counties:

Bingham	Jefferson	Latah
Bonneville	Power	Gooding
Fremont	Madison	Minidoka

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Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm