

AgBite

A series of commodity insights

Did you know?

Wheat is a member of the grass family that produces a dry, one-seeded fruit commonly called a kernel.

Overview

- A bushel of wheat makes about forty-five 24-ounce boxes of wheat flake cereal or 42 pounds of pasta or 210 servings of spaghetti.
- There are six classes of wheat: hard red winter, hard red spring, soft red winter, soft white, hard white, and durum.
- Wheat, used for white bread, pastries, pasta, and pizza, has been the principal cereal crop since the 18th century.

Production

U.S. farmers grow about 50 million acres of wheat.

Wheat is the primary grain used in U.S. grain products – approximately three-quarters of all U.S. grain products are made from wheat flour.

Wheat is grown in 42 states in the United States.

Wheat

Kingdom: *Plantae*

Family: *Poaceae*

Genus: *Triticum*

Species: *T. aestivum*

Nutritional Information

3.5 oz. Whole Grain Wheat Flour 100 g

Total Fat 2.5 g	Vitamin C 0 mg
Sodium 3 mg	Calcium 33 mg
Potassium 394 mg	Iron 3.71 mg
Total Carbohydrate 27 g	Magnesium 117 mg
Dietary Fiber 13.1 g	Zinc 2.96 mg
Sugar 1.02 g	
Protein 9.61 g	

Sources: Oldways Whole Grains Council- www.wholegrainscouncil.org, fdc.nal.usda.gov, wheatworld.org

Wheat Anatomy

