



WHAT'S IN A GRAIN?

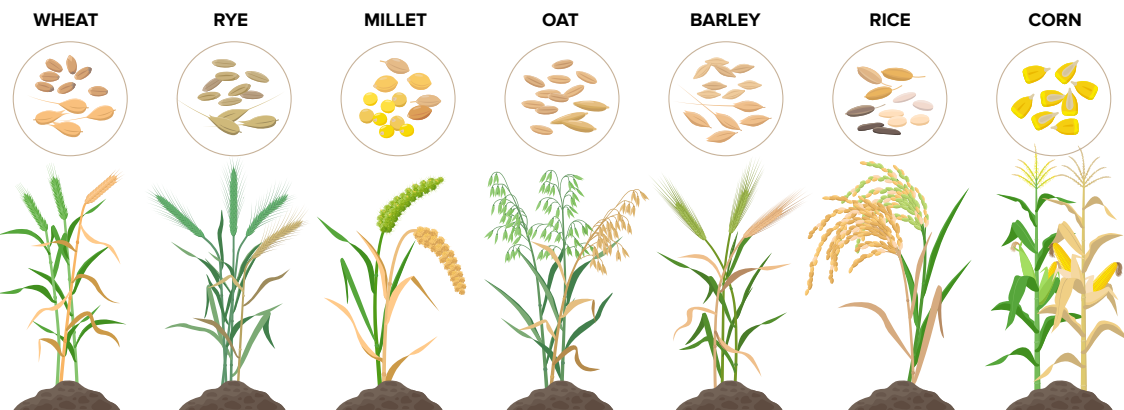


DEFINITION OF A GRAIN

Grains are the edible seeds of a family of grasses from the Poaceae (aka Gramineae) family. Grains are a small hard, dry, seed or fruit harvested for humans or animals to eat.

FACTS ABOUT GRAINS

- > Grains are commonly called cereals or cereal grains.
- > The most commonly eaten grains in Australia are wheat, oats and rice.
- > Grains include wheat, oats, barley, rice, rye, corn, millet and sorghum.
- > Cereal grains make up 21% of Australia's agricultural production.
- > Rice was domesticated (selected and grown for human needs) in China over 10,000 years ago.
- > In developing countries, almost 60% of calories are provided by grains, compared to 30% in developed countries.



USES OF GRAINS

FOOD



- > Worldwide, over half of the calories directly come from wheat, rice and corn (maize).
- > Grains are used to make flour, bread, cereals, tortillas, popcorn, porridge and more...
- > Prebiotics help keep the good bacteria in your stomach happy and whole grains like wheat and oats loaded with them!

DRINKS



- > In addition to alcoholic drinks like beer, plenty of non-alcoholic drinks are made from grains around the world!
- > Alternative milk options are made from oats, rice and even corn.
- > Horchata is a rice drink from Mexico while Boza is a malt drink made from wheat in Turkey!

LIVESTOCK FEED



- > Cereal crops and grains are a great source of nutrition for animals as well.
- > In Australia the most commonly fed grains are wheat, barley, corn, oats and sorghum.
- > Grains have to be introduced slowly to livestock so they don't get sick from acidosis (grain poisoning) because their stomachs need to get used to the grain so they can digest it properly.

BIOFUELS



- > Ethanol is usually made from corn, sugar or wheat.
- > 7% of the world's crop production is used to make biofuels.
- > Ethanol is made by fermenting the sugars and starch found in grains.