

Wheat Germ

What is wheat germ?

Wheat germ is a part of the wheat kernel where the wheat protein or gluten is stored. Wheat germ is only a very small part of the kernel, approximately 2 ½ percent in total. Whole wheat flour contains wheat germ.

Key Nutrients

- Protein – heals and repairs
- B vitamins – turns food into energy
- Vitamin E - helps protect other nutrients and cell membranes
- Fiber - prevents constipation

Storage and Safety

Store wheat germ in a cool, dry, dark place. To keep this product lasting longer, you should store it in the freezer.

Preparation and Cooking

Wheat germ doesn't require any cooking. It has a slightly sweet, nutty taste.

Uses and Tips

Here are some ways to use wheat germ in meals:

- Add a tablespoon or two to meat dishes, eggs, vegetables, yogurt, pancakes, or granola
- Sprinkle some on cereal and smoothies
- Stir 1-2 tablespoons into soups, stews, and casseroles
- Mix it with breadcrumbs when breading chicken or fish
- Use small amounts of wheat germ in place of equivalent amounts of flour when baking items such as muffins, bread, cookies, and cakes

Source: OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. **SNAP puts healthy food within reach** - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

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