

## Definition of Whole Grain as Food Ingredient

**Whole grains shall consist of the intact, ground, cracked, flaked or otherwise processed kernel after the removal of inedible parts such as the hull and husk. All anatomical components, including the endosperm, germ, and bran must be present in the same relative proportions as in the intact kernel.<sup>1</sup>**

1. This definition applies to cereal grains in the Poaceae family, and pseudo-cereals listed in Annex 1, that are used for human consumption.
2. Processing of cereals and their fractions includes dry and wet methods which should be executed according to good manufacturing principles and considers the following points:
  - 2a. A batch of grain consisting of one or more varieties or classes of a single species may be temporarily separated into fractions and considered whole grain if the fractions are recombined in the original proportions.
  - 2b. Grain fractions from one or more varieties or classes of a single species that originated from different batches and combined to reflect the original proportions are considered whole grain.
  - 2c. Small, generally unavoidable losses of components, that occur through processing consistent with safety and quality standards are allowed.
  - 2d. Fermented, malted or sprouted grains containing all of the original bran, germ and endosperm shall be considered whole grains as long as nutrient values have not diminished; for malted or sprouted grains the length of the sprout should not exceed kernel length.

<sup>1</sup>) The use of the term wholemeal may be legally protected in some jurisdictions and may be equivalent to whole grain. The use of this term should be checked within local contexts.

### ANNEX 1.

#### Pseudo-cereals used for human consumption considered as grains

Species	
	Amaranth
	Buckwheat, Tartary buckwheat
	Quinoa