



Star of the West Milling Co.

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WHEAT GERM

DESCRIPTION: This product is a non-sterilized germ obtained from the milling of soft white wheat. It is the embryo of the wheat kernel separated in milling. Wheat germ is an economical source of high quality protein, B-complex vitamins and trace minerals.

INGREDIENT DECLARATION: Wheat Germ

PACKAGE AVAILABILITY AND PRODUCTION LOCATION: Wheat Germ is produced exclusively in the heart of the soft white wheat-growing region in Frankenmuth, Michigan. This product is available in 50 lb. paper sacks.

STORAGE CONDITIONS: Wheat Germ can be stored at ambient temperatures and should be kept dry.

SHELF LIFE: Wheat Germ has a recommended shelf life is 28 days.

GUARANTEED ANALYSIS:

Crude Protein, not less than. .	20.0%
Crude Fat, not less than.....	7.0%
Crude Fiber, not more than.....	3.0%

The information given in this bulletin is intended for supplying general information and typical properties of wheat products for sales purposes. It is recommended that purchasers further determine what is suitable for their particular purposes under their own operating conditions.

2003

Wheat germ, crude

NDB No: 20078

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Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
Proximates				
Water	g	11.12	10	0.864
Energy	kcal	360	0	0
Energy	kJ	1506	0	0
Protein	g	23.15	7	1.447
Total lipid (fat)	g	9.72	8	0.403
Ash	g	4.21	9	0.121
Carbohydrate, by difference	g	51.80	0	0
Fiber, total dietary	g	13.2	0	0
Minerals				
Calcium, Ca	mg	39	6	1.242
Iron, Fe	mg	6.26	7	0.905
Magnesium, Mg	mg	239	6	14.36
Phosphorus, P	mg	842	6	18.808
Potassium, K	mg	892	6	41.171
Sodium, Na	mg	12	6	3.569
Zinc, Zn	mg	12.29	6	0.67
Copper, Cu	mg	0.796	6	0.034
Manganese, Mn	mg	13.301	9	2.224
Selenium, Se	mcg	79.2	1	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	1.882	7	0.189
Riboflavin	mg	0.499	7	0.059
Niacin	mg	6.813	7	1.221
Pantothenic acid	mg	2.257	6	0.141
Vitamin B-6	mg	1.300	7	0.19
Folate, total	mcg	281	10	22.507
Folic acid	mcg	0	0	0
Folate, food	mcg	281	10	22.507
Folate, DFE	mcg_DFE	281	0	0

Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Lipids				
Fatty acids, total saturated	g	1.665	0	0
14:0	g	0.013	7	0
16:0	g	1.587	7	0
18:0	g	0.055	7	0
Fatty acids, total monounsaturated	g	1.365	0	0
16:1 undifferentiated	g	0.034	7	0
18:1 undifferentiated	g	1.332	7	0
Fatty acids, total polyunsaturated	g	6.010	0	0
18:2 undifferentiated	g	5.287	7	0
18:3 undifferentiated	g	0.723	7	0
Cholesterol	mg	0	0	0
Amino acids				
Tryptophan	g	0.317	3	0
Threonine	g	0.968	13	0
Isoleucine	g	0.847	13	0
Leucine	g	1.571	13	0
Lysine	g	1.468	13	0
Methionine	g	0.456	13	0
Cystine	g	0.458	13	0
Phenylalanine	g	0.928	13	0
Tyrosine	g	0.704	12	0
Valine	g	1.198	13	0
Arginine	g	1.867	13	0
Histidine	g	0.643	13	0
Alanine	g	1.477	12	0
Aspartic acid	g	2.070	12	0
Glutamic acid	g	3.995	12	0
Glycine	g	1.424	12	0
Proline	g	1.231	12	0
Serine	g	1.102	12	0

USDA National Nutrient Database for Standard Reference, Release 17 (2004)