



Amber Waves of Grain

Although wild wheat was not native to America, wheat seeds were brought here by Columbus and European immigrants, who planted them across the country. Are you familiar with the phrase *amber waves of grain* from our national hymn, "America the Beautiful"? It refers to wheat fields that spread far and wide and look as large and impressive as an ocean.

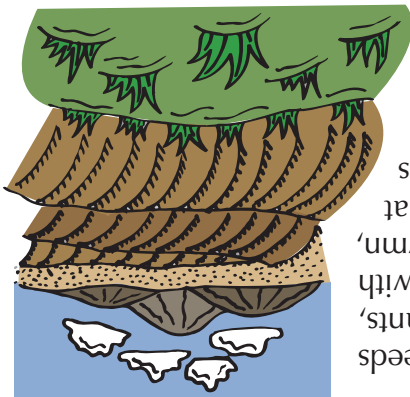
Today, the United States is the world's largest producer of wheat, growing 600 million bushels a year that are ground into 20 billion pounds (9 billion kilograms) of flour. Because more than 60% of the wheat grown here is exported, wheat is very important to our economy. American wheat provides people around the world with an excellent source of nutrition. Pick whole wheat and whole-grain foods, such as 100% whole-wheat bread and pasta, barley, and brown rice, which are packed with vitamins, minerals, and fiber.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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