



Despite their popularity, meta-analyses demonstrate that low-carbohydrate diets are **no more effective** for weight loss than low-fat or balanced diets!



If you measure the importance of crops grown in the Pacific Northwest by the number of acres planted, then wheat is the top crop, with a whopping total of 4.2 million acres of winter and spring wheat. (2018)

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**OREGON  
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GROWERS LEAGUE

**EVERY  
RESOURCE  
COUNTS**

*Farmers miss meals at their dinner table*



*so we can have dinner at ours.*

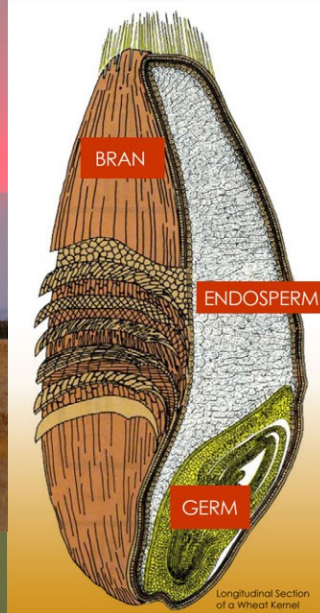




## WHO WE ARE

The Oregon Wheat Growers League (OWGL) is the oldest not-for-profit grower trade association in the U.S. wheat industry. Formed in 1926, the primary mission of the OWGL is to represent and advocate on behalf of Oregon wheat producers at both state and federal levels. OWGL also represents barley growers, and has been actively involved in projects for other crops that are grown in rotation with wheat.

Oregon ranks 10th among the wheat producing states in the United States (2017). Wheat ranks 7th (2016) in Oregon's agricultural production in terms of value, based on price and production. Approximately 90% of Oregon's wheat crop is grown for the export marketplace and is shipped through commercial export facilities, primarily the Port of Portland to destinations in the Pacific Rim. Oregon's soft white wheat is ideal for use in making cakes, pastries, steam breads, flat breads, snack products, cookies, pancakes, muffins and certain types of Asian noodles.



### Germ

About 3% of the kernel weight. The germ is the embryo, or sprouting section, of the seed, & is usually separated because it contains fat that limits the keeping quality of flour. Of the nutrients in whole wheat, the germ contains minimal quantities of protein, but a greater share of the B-complex vitamins & trace minerals.

### Endosperm

About 80% of the kernel weight. It is the source of white flour. Endosperm contains the greatest share of the protein, carbohydrates, & iron in the whole kernel as well as many B-complex vitamins.

### Bran

About 15% of the kernel weight. Bran is included in whole wheat flour & is also available separately. Of the nutrients in whole wheat, the bran contains a small amount of protein, large quantities of the B-complex vitamins listed above, trace minerals, & indigestible cellulose material.

## FACTS

- It takes 2.3 bushels of wheat (138 pounds) to produce 100 pounds of white flour.
- In 1880, it took 373 hours of labor to produce 100 acres of wheat. Today, it takes less than eight hours!
- Wheat is the #1 export of the Port of Portland.
- Umatilla County produces 25 - 30% of the state's wheat.
- Approximately 90% of Oregon wheat is exported.
- Oregon produces soft white wheat due to our region's climate.

### HARD RED WINTER



### SOFT RED WINTER



### HARD RED SPRING



## SOFT WHITE

LOW MOISTURE WHEAT WITH EXCELLENT MILLING RESULTS, SW PROVIDES A WHITER & BRIGHTER PRODUCT FOR ASIAN-STYLE NOODLES & IS IDEAL FOR EXQUISITE CAKES, PASTRIES & OTHER CONFECTIONERY PRODUCTS!

### HARD WHITE



### DURUM

