

Data Sheet: Wheat (Dinner Roll)

While there are many different ingredients used to make dinner rolls, the main ingredient is flour. Two cups of flour can make 12 dinner rolls. Flour is a powdery substance that comes from wheat that has been mashed and ground up. Wheat is a major component in many foods such as bread, crackers, biscuits, pancakes, pasta, noodles, pies, pizza, cakes, cookies, muffins, rolls, doughnuts, gravy, beer, and breakfast cereals. The gluten contained in wheat is a key component in many of these products.

Wheat is grown on more land area than any other food crop, using around 220.4 million hectares of arable land in 2014. Wheat is a type of grass that is farmed for its seeds.

Why is wheat on the food tray?

French Bread Roll

Nutrition Facts	
Serving size	1 roll (71g)
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrates 34g	12%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 6g	12%
Vitamin D 0mg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 57mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a human's daily diet. 2,000 calories a day is used for general nutrition advice.	

Many cultures use wheat as a major component of their diets because of wheat's ability to adapt and grow in many regions, from areas close to the arctic to land near the equator. In addition, wheat can be stored for a long time and can be used to make a wide variety of interesting and satisfying foods.

Wheat is an important source of carbohydrates, and it is the leading source of plant protein in human food, with protein content at about 13%. This is relatively high compared to other major cereals such as rice or corn. While the amount of protein in wheat is high, it does not provide as many essential amino acids as other cereals. When wheat is eaten as a whole grain it is a source of multiple nutrients and dietary fiber.

Understanding and caring for wheat plants

Farmers need to understand how wheat grows and what it needs to thrive to be successful in producing the greatest amount of wheat each year. Proper soil preparation can lead to a farmer harvesting about 44 bushels of wheat per acre. Seed placement and spring fertilizers help provide wheat plants a strong start. When wheat first sprouts from a seed, leaves emerge from the shoot in a telescoping fashion until flowering. The last leaf produced by a wheat plant is known as the flag leaf. This leaf is essential in helping the plants transfer energy from the sun to supply carbohydrates to the rest of the plant including the part we consume. Wheat roots are among the deepest of crops, extending as far as 2 meters deep. These roots allow the plant to get the essential water it needs especially during times of drought. Wheat normally needs between 110 and 130 days between planting and harvest, depending upon climate, seed type, and soil conditions.



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