

where do grains come from

Where do grains come from?

Grains are a fundamental part of human diets worldwide, serving as staple foods for billions of people. From fluffy white rice to hearty wheat bread, grains are woven into the fabric of numerous cultures and cuisines. But have you ever wondered where these essential food sources originate? Understanding the journey of grains from their natural roots to our plates not only enriches our appreciation for agriculture but also underscores the importance of sustainable farming practices. In this comprehensive guide, we will explore the origins of grains, the types of grains cultivated globally, their cultivation processes, and the key regions responsible for their production.

The Origins of Grains: A Historical Perspective

Ancient Beginnings of Grain Cultivation

The history of grains dates back thousands of years, with archaeological evidence indicating that early human societies began domesticating wild grasses as a food source approximately 10,000 years ago. The shift from nomadic hunting and gathering to settled farming communities marked the dawn of agriculture and the domestication of grains.

Some of the earliest cultivated grains include:

- Wheat: Originated in the Fertile Crescent (modern-day Middle East) around 9,000 years ago.
- Barley: Also from the Middle East, cultivated as early as 8,000 years ago.
- Millet: Native to Africa and Asia, cultivated independently in different regions.
- Rice: Domesticated in Asia approximately 8,000 to 9,000 years ago.

- Maize (corn): Originating from Central Mexico around 5,000 years ago.

The domestication of these grains revolutionized human diets, enabling the development of complex societies and civilizations.

Evolution of Grain Cultivation

Throughout history, civilizations adapted and improved grain cultivation techniques. The development of irrigation, plowing, crop rotation, and selective breeding increased yields and resilience. Different regions optimized their farming practices based on climate, soil, and cultural preferences, leading to a diverse global grain landscape.

Types of Grains and Their Geographic Origins

Grains are classified into various types based on their botanical families and characteristics. Each type has specific regions where they are predominantly cultivated.

Cereal Grains

Cereal grains belong to the grass family (Poaceae) and are the most widely cultivated grains worldwide.

- **Wheat:** Originated in the Fertile Crescent; now cultivated extensively in North America, Europe, Asia, and Australia.
- **Rice:** Originated in Asia; major producers include China, India, Indonesia, and Bangladesh.

- **Maize (corn):** Native to Central Mexico; leading producers are the United States, China, and Brazil.
- **Barley:** Middle East and North Africa; also grown in Europe and North America.
- **Sorghum:** Originated in Africa; cultivated mainly in Africa, India, and the United States.
- **Oats:** Native to Eurasia; primarily grown in North America, Russia, and Australia.

Pseudo-Cereals (Non-Grass Grains)

Although not true cereals, pseudo-cereals are often grouped with grains due to their similar uses.

- **Quinoa:** Native to the Andes region; now cultivated in South America, North America, and Europe.
- **Amaranth:** Originated in Central America and South America.
- **Buckwheat:** Native to Central Asia and Eastern Europe.

How Are Grains Cultivated?

The process of cultivating grains involves several stages, from selecting the right land to harvesting and processing.

1. Selection of Land and Soil Preparation

- Grain crops require specific soil conditions, including proper pH levels and nutrient content.
- Farmers prepare the land through plowing, tilling, and fertilization to enhance soil fertility.

2. Sowing and Planting

- Seeds are sown manually or mechanically, depending on the scale of farming.
- The timing of planting is crucial and depends on climate and crop type.

3. Growth and Maintenance

- Regular watering, fertilization, and weed control are essential.
- Pest and disease management is also a critical component of healthy crop growth.

4. Harvesting

- Grains are typically harvested when mature, indicated by specific color changes or moisture levels.
- Harvesting methods range from manual reaping to advanced machinery like combine harvesters.

5. Post-Harvest Processing

- Threshing removes grains from stalks.
- Cleaning and drying ensure grains are suitable for storage and consumption.
- Milling processes convert grains into flour or other products.

Major Grain-Producing Regions Worldwide

Several regions dominate global grain production, influenced by climate, soil, technological advancements, and agricultural policies.

North America

- The United States and Canada are leading producers of wheat, corn, and barley.
- The Midwest region, known as the "Corn Belt," is particularly significant for maize cultivation.

Asia

- China and India are the largest rice producers, cultivating vast paddy fields.
- Asia also produces significant quantities of wheat, millet, and sorghum.

Europe

- Countries like Russia, Ukraine, France, and Germany produce large amounts of wheat, oats, and barley.
- The fertile plains and temperate climate support diverse grain farming.

South America

- Brazil and Argentina are major producers of soybeans, maize, and wheat.
- The Pampas region is renowned for its fertile soils.

Africa

- Nigeria, Ethiopia, and South Africa grow millet, sorghum, and maize.
- The continent's diverse climates support a variety of grain crops.

Conclusion: The Journey of Grains from Origin to Plate

Understanding where grains come from reveals the intricate relationship between geography, climate, historical developments, and agriculture. From their ancient domestication in the Fertile Crescent and Central America to their current cultivation across continents, grains have shaped human civilization and continue to sustain populations worldwide. Modern farming continues to evolve with technological innovations, but the fundamental journey remains rooted in natural landscapes and human ingenuity.

As consumers, appreciating the origins of grains can foster more mindful choices, support sustainable farming practices, and recognize the global effort involved in bringing grains from fields to our tables. Whether it's the rice paddies of Asia, the wheat fields of North America, or the millet farms of Africa, grains are a testament to human adaptation and the enduring importance of agriculture in our lives.

Frequently Asked Questions

Where do most grains worldwide originate from?

Most grains come from cultivated fields in regions with suitable climates, primarily in countries like China, India, the United States, and Russia.

Are grains naturally occurring or cultivated?

Grains are cultivated crops that have been domesticated and harvested by humans from plants like wheat, rice, corn, and barley.

How are grains grown and harvested?

Grains are grown from seeds planted in prepared soil, nurtured with water and nutrients, and harvested once mature using machinery like combine harvesters.

What is the origin of rice grains?

Rice grains originate from rice plants (*Oryza sativa*) that were first cultivated in Asia over 9,000 years ago and are now grown in many countries with wet, warm climates.

Where do wheat grains come from?

Wheat grains come from wheat plants, which are cultivated in temperate regions worldwide, including North America, Europe, and parts of Asia.

Are grains naturally found in the wild?

Some wild grains exist, but the grains we consume today are largely cultivated varieties selectively bred for higher yield and quality.

How does climate affect where grains are produced?

Climate influences grain production by determining suitable growing conditions; warm, wet areas are ideal for rice, while temperate zones favor wheat and barley.

Can grains be sourced from sustainable farms?

Yes, many grains are sourced from sustainable farms that practice environmentally friendly farming methods to preserve soil health and reduce environmental impact.

Additional Resources

Where Do Grains Come From? Unveiling the Journey from Field to Table

Introduction

Where do grains come from? This question might seem simple at first glance, but the answer encompasses a rich tapestry of history, science, agriculture, and global trade. Grains are foundational to human civilization, forming the staple diet for billions of people worldwide. To understand where grains come from is to trace a journey that begins in the soil and ends on our plates, revealing the intricate processes involved in their cultivation, harvesting, processing, and distribution. In this article, we will explore the origins of grains, their cultivation practices, the varieties that dominate global markets, and the journey they undertake before reaching consumers.

The Origins of Grains: Ancient Beginnings and Domestication

The Dawn of Agriculture

The story of grains begins thousands of years ago when early humans transitioned from hunter-gatherer societies to settled farming communities. Around 10,000 years ago, during the Neolithic Revolution, humans began domesticating wild grasses for cultivation. This shift was pivotal, enabling the development of civilizations.

Domestication of Key Grain Crops

Several cereal crops have played a central role in human history. Among the most significant are:

- Wheat (*Triticum* spp.): Originating in the Fertile Crescent (modern-day Middle East), wheat became a staple due to its adaptability and high yield.
- Rice (*Oryza sativa*): Domesticated in Asia around 8,000-9,000 years ago, rice is essential for more

than half of the world's population.

- Maize (corn) (*Zea mays*): Native to Central America, maize was domesticated approximately 9,000 years ago and became a cornerstone of indigenous diets.
- Barley (*Hordeum vulgare*): Also from the Fertile Crescent, barley was among the first grains cultivated for food and brewing.
- Sorghum and millet: Important in Africa and parts of Asia, these hardy grains thrive in arid conditions.

The domestication process involved selecting plants with desirable traits—larger seeds, easier harvesting, and better yield—to cultivate varieties suited for human consumption.

The Agricultural Production of Grains

Cultivation Practices

Modern grain production combines centuries-old farming traditions with advanced agricultural techniques. Key aspects include:

- Selection of suitable land: Fertile, well-drained soils with optimal pH and nutrient levels.
- Preparation of soil: Plowing, fertilizing, and sometimes crop rotation to improve soil health.
- Seed selection and sowing: Using high-quality, disease-resistant seeds, sown at specific times to maximize growth.
- Irrigation and water management: Ensuring adequate water supply, especially in arid regions.
- Pest and disease control: Applying integrated pest management to protect crops.
- Harvesting: Using machinery like combine harvesters, which streamline the process of gathering grains at peak maturity.

Climate and Environmental Factors

Grain yields are heavily influenced by climate conditions. Optimal temperatures, rainfall, and sunlight

are crucial for healthy growth. Trends like climate change pose challenges, including unpredictable weather patterns, droughts, and floods that threaten global grain supplies.

Major Types of Grain Crops and Their Cultivation Regions

Wheat

- Global production: Leading producers include China, India, Russia, and the United States.
- Growing regions: Temperate zones with moderate rainfall; wheat adapts well to various climates but prefers cooler seasons.

Rice

- Global production: China and India dominate, followed by Indonesia, Bangladesh, and Vietnam.
- Growing regions: Tropical and subtropical regions with abundant water supply; rice paddies require flooded fields for cultivation.

Maize (Corn)

- Global production: The United States, China, Brazil, and Argentina are top producers.
- Growing regions: Temperate and tropical zones; maize is versatile and grown in diverse environments.

Barley, Sorghum, Millet

- Growing regions: Often cultivated in semi-arid and drought-prone areas where other grains may struggle, such as parts of Africa, Asia, and the Middle East.

Harvesting and Post-Harvest Processing

Harvesting Techniques

Once grains reach maturity, they are harvested using:

- Mechanical harvesters: Combine harvesters that cut, thresh, and clean grains in one pass.
- Manual harvesting: Still practiced in some regions, especially where mechanization is limited, involving sickles and manual labor.

Post-Harvest Handling

After harvesting, grains undergo a series of processes:

1. Drying: Removing excess moisture to prevent mold and spoilage.
2. Cleaning: Eliminating impurities like stones, chaff, and dirt.
3. Storage: Grains are stored in silos or warehouses, often treated with preservatives to prevent pests and fungi.
4. Processing: Milling grains into flour, semolina, or other products, depending on their intended use.

Proper post-harvest handling is critical for maintaining grain quality and ensuring food safety.

Processing and Distribution: From Farm to Fork

Milling and Refinement

- Wheat: Milled into flour, which can be refined (white flour) or whole grain.
- Rice: Polished to remove husk, bran, and germ for white rice, or kept unpolished for brown rice.
- Maize: Ground into meal, flour, or processed into products like corn syrup.

Global Trade and Supply Chains

Grains are among the most traded commodities worldwide. Major grain-exporting countries include:

- United States: The world's largest exporter of wheat and maize.
- Russia and Ukraine: Significant wheat producers and exporters.
- Australia: Known for high-quality wheat.
- Brazil and Argentina: Major exporters of maize and soybeans.

Grains are transported via ships, trains, and trucks to meet global demand. The international trade of grains is influenced by geopolitical factors, tariffs, and climate conditions.

The Role of Technology and Innovation

Innovations continue to shape grain production and distribution:

- Genetic modification: Developing drought-resistant or pest-resistant varieties.
- Precision agriculture: Using GPS, drones, and data analytics to optimize planting, watering, and harvesting.
- Sustainable farming practices: Reducing environmental impact, conserving water, and promoting soil health.
- Supply chain management: Enhancing efficiency and reducing waste through better logistics.

These advancements aim to meet the growing global population's needs while minimizing ecological footprints.

Challenges Facing Grain Production

Despite technological progress, several challenges threaten the stability of grain supplies:

- Climate change: Altered weather patterns can reduce yields and increase pests.
- Land degradation: Over-farming and deforestation reduce arable land.
- Water scarcity: Essential for rice paddies and irrigation-dependent crops.
- Pest and disease outbreaks: Affect large areas and threaten harvests.
- Market volatility: Price fluctuations impact farmers and consumers alike.

Addressing these issues requires coordinated efforts among governments, scientists, farmers, and organizations.

Conclusion: A Journey That Continues

Grains come from humble beginnings—seeds planted in soil, nurtured through seasons, harvested, processed, and transported across the globe. Their journey reflects centuries of agricultural evolution, scientific innovation, and international cooperation. Understanding where grains come from enhances our appreciation of these vital foods and underscores the importance of sustainable practices to ensure food security for future generations.

From the early domestication in ancient fields to modern high-tech farms and global markets, grains remain a cornerstone of human life. As consumers, recognizing their origins fosters greater respect for the efforts involved and encourages support for sustainable agriculture worldwide.

[Where Do Grains Come From](#)

where do grains come from: Where Do Grains Come From? Linda Staniford, 2019 This fascinating book looks at how grains are produced, taking the rice we eat as an example. Engaging text and beautiful, color photographs show readers how rice is planted, grown, then harvested through a long journey to end up on our plates.

where do grains come from: *Grains* Louise Spilsbury, 2009 Health & Diet.

where do grains come from: *Stem Rust of Grains and the Barberry in Wisconsin* Aaron

Guy Johnson, 1919

where do grains come from: *Formulation of the 1995 Farm Bill: Cotton, feed grains, wheat, rice, and oilseeds* United States. Congress. House. Committee on Agriculture, 1995

where do grains come from: Earth to Table Barrett Williams, ChatGPT, 2025-05-01 Discover the culinary revolution that connects the earth to your table with Earth to Table, an enlightening guide to sustainable cooking that transforms the way you think about food. Dive into the vibrant world of eco-friendly ingredients, biodiversity, and mindful eating, as this comprehensive eBook unveils the secrets to creating delicious meals that honor our planet. Start your journey with an insightful introduction to sustainability in cooking. Learn why local, seasonal, and organic ingredients hold the key to a healthier and more balanced diet while reducing your carbon footprint. Navigate the exciting offerings of plant-based cooking, and uncover the nutritional benefits these delicious ingredients bring to your table. From heritage grains to sustainable proteins, Earth to Table guides you through the ethical and sustainable choices you can make in your daily diet. Discover the enticing array of lesser-known ingredients, and learn how to craft dishes that celebrate biodiversity and minimize food waste. Explore eco-friendly cooking techniques and reduce your kitchen's environmental impact with energy-efficient methods and alternative cooking fuels. Master the art of fermentation, and dive into the world of sustainable drinks with homemade infusions, sustainable cocktails, and more. Whether you're planning an everyday meal or a special occasion, this book provides you with tools and recipes for every culinary adventure. From crafting mouthwatering sustainable baked goods to starting your own kitchen garden, each chapter is filled with practical advice and creative ideas to empower you as a conscious cook. More than just a cookbook, Earth to Table is a call to action, encouraging you to build a community around sustainable cooking practices. Engage with local farmers, host cooking classes, and teach the next generation the importance of sustainable food. Join the movement today, and let Earth to Table inspire you to make every meal a step toward a brighter future for our planet. Embrace your journey towards a sustainable table and be part of the solution, one delectable bite at a time.

where do grains come from: Southwestern Journal of Grain, Flour, Coal , 1915

where do grains come from: *The Professional Chef* The Culinary Institute of America (CIA), 2024-04-30 The Professional Chef is the quintessential kitchen companion from The Culinary Institute of America, used by hundreds of America's top chefs. This updated 10th Edition presents the skills and quality standards needed to master the fundamentals of cooking. A refreshed, modern design features simplified definitions and techniques streamlined into step-by-step instructions to support aspiring chefs and culinary students of any level. Revisions in the 10th edition include using modern plant-forward ingredients, in line with the CIA and Harvard's Menus of Change initiative, highlighting that vegetables can also be the star at the center of the plate. The authors merged meat and vegetable cookery chapters, and updated some recipes to feature plant-based ingredients, all revised in the CIA's own test kitchen. Chapters are reorganized to follow the CIA Culinary Fundamentals course more closely, with new troubleshooting sections based on frequent classroom questions, to help students and chefs solve problems before they occur, with updated text and photo examples. Updates for instructors and students include: Method at a Glance and Method in Details features provide overviews and in-depth step-by-step guidance Beyond the Basics sections offer ideas for expanding and improving upon techniques and recipes, with Tips of the Trade advice from real world kitchens Preserving the Flavor provides finishing instructions for each recipe and suggestions for reusing recipe byproduct Techniques now include two sections of recipes: base examples, and More to Try variations for further exploration, plus Quality Criteria that describe the expected results from each technique Includes even more recipes, illustrated with over 100 new full-color photos of ingredients, techniques, and plated dishes. Over 300 photos in total With focus on the simplicity and freshness of food and perfect kitchen technique, The Professional Chef, Tenth Edition is an essential introduction for students, and reference for every professional and home cook.

where do grains come from: Discovering Nutrition Paul M. Insel, R. Elaine Turner, Don

Ross, 2006 This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion, metabolism, chemistry and life cycle nutrition.

where do grains come from: Engineering Aspects of Cereal and Cereal-Based Products Raquel de Pinho Ferreira Guine, Paula Maria dos Reis Correia, 2016-04-19 Cereal food engineering has become increasingly important in the food industry over the years, as it plays a key role in developing new food products and improved manufacturing processes. Engineering Aspects of Cereal and Cereal-Based Products focuses on the recent growth in cereal technology and baked foods science, reviewing the latest updates in

where do grains come from: *Cereal Grains* Colin Wrigley, Ian Batey, Diane Miskelly, 2016-12-27 Cereal Grains: Assessing and Managing Quality, Second Edition, provides a timely update to this key reference work. Thoroughly revised from the first edition, this volume examines the latest research and advances in the field. New chapters have been added on alternative grains, including ancient grains and pseudocereals, biosecurity, and industrial processing of grains, amongst others. Quality and food safety are important throughout the value-addition chain, from breeding, production, harvest, storage, transport, processing, and marketing. At all stages, analysis is needed so that quality management can proceed intelligently. These considerations are examined for each of the major cereal species, including wheat (common and durum), rye and triticale, barley and oats, rice, maize (corn), pseudocereal species, sorghum, and the millets. Divided into five sections, the book analyses these for the range of cereal species before a final section summarizes key findings. - Documents the latest research in cereal grains, from their nutraceutical and antioxidant traits, to novel detection methods - Provides a complete and thorough update to the first edition, analyzing the range of major cereal species - Presents detailed advice on the management of cereal quality at each stage of production and processing

where do grains come from: Ice and Cold Storage , 1921

where do grains come from: The Evolution of Stars Graham Hill, 2020-08-27 Why write a book about the stars? Of what use is their study? This book covers this ground with a number of anecdotes arising from the author's almost 60 years' experience as a research scientist who has worked with some of the largest telescopes in the world. The text exposes much of what is glossed over in the canned information that the public get and holds nothing back with respect to uncertainties within the subject. People want answers, want somehow to be reassured that someone out there has a handle on things. This book details the basis for our knowledge of the universe, warts and all, and offers important insights as to where the science is going.

where do grains come from: Planetary Materials James J. Papike, 2018-12-17 Volume 36 of Reviews in Mineralogy presents a comprehensive coverage of the mineralogy and petrology of planetary materials. The book is organized with an introductory chapter that introduces the reader to the nature of the planetary sample suite and provides some insights into the diverse environments from which they come. Chapter 2 on Interplanetary Dust Particles (IDPs) and Chapter 3 on Chondritic Meteorites deal with the most primitive and unevolved materials we have to work with. It is these materials that hold the clues to the nature of the solar nebula and the processes that led to the initial stages of planetary formation. Chapter 4, 5, and 6 consider samples from evolved asteroids, the Moon and Mars respectively. Chapter 7 is a brief summary chapter that compares aspects of melt-derived minerals from differing planetary environments.

where do grains come from: The Connecticut School Journal , 1902

where do grains come from: The New Livestock Farmer Rebecca Thistlethwaite, Jim Dunlop, 2015 How can anyone from a backyard hobbyist to a large-scale rancher go about raising and selling ethically produced meats directly to consumers, restaurants, and butcher shops? The regulations and logistics can be daunting enough to turn away most would-be livestock farmers, and finding and keeping their customers challenges the rest. Farmer, consultant, and author Rebecca Thistlethwaite and her husband and co-author, Jim Dunlop, both have extensive experience raising a variety of pastured livestock in California and now on their homestead farm in Oregon. Each species

chapter discusses the unique requirements of that animal, then delves into the steps it takes to prepare and get them to market.

where do grains come from: Health [a Monthly Devoted to the Cause and Cure of Disease] , 1905

where do grains come from: Report of the Royal Grain Inquiry Commission Canada. Royal Grain Inquiry Commission, 1925

where do grains come from: The American Elevator and Grain Trade , 1916

where do grains come from: Grain World , 1928

where do grains come from: Grain and Feed Journals Consolidated (some Issues Omit Consolidated) , 1900

Related to where do grains come from

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Tinnitus - Symptoms and causes - Mayo Clinic Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system. For many people, tinnitus improves

Glucosamine - Mayo Clinic Learn about the different forms of glucosamine and how glucosamine sulfate is used to treat osteoarthritis

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Pancreatic cancer - Symptoms and causes - Mayo Clinic Pancreatic cancer — Overview covers symptoms, risk factors, prevention, diagnosis, surgery, chemotherapy and other treatment for cancer of the pancreas

Detox foot pads: Do they really work? - Mayo Clinic Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left

Anemia - Symptoms and causes - Mayo Clinic What red blood cells do The body makes three types of blood cells. White blood cells fight infection, platelets help blood clot and red blood cells carry oxygen throughout the

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Tinnitus - Symptoms and causes - Mayo Clinic Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system. For many people, tinnitus improves

Glucosamine - Mayo Clinic Learn about the different forms of glucosamine and how glucosamine sulfate is used to treat osteoarthritis

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent

repeat UTIs

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Pancreatic cancer - Symptoms and causes - Mayo Clinic Pancreatic cancer — Overview covers symptoms, risk factors, prevention, diagnosis, surgery, chemotherapy and other treatment for cancer of the pancreas

Detox foot pads: Do they really work? - Mayo Clinic Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left

Anemia - Symptoms and causes - Mayo Clinic What red blood cells do The body makes three types of blood cells. White blood cells fight infection, platelets help blood clot and red blood cells carry oxygen throughout the

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Tinnitus - Symptoms and causes - Mayo Clinic Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system. For many people, tinnitus improves

Glucosamine - Mayo Clinic Learn about the different forms of glucosamine and how glucosamine sulfate is used to treat osteoarthritis

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Pancreatic cancer - Symptoms and causes - Mayo Clinic Pancreatic cancer — Overview covers symptoms, risk factors, prevention, diagnosis, surgery, chemotherapy and other treatment for cancer of the pancreas

Detox foot pads: Do they really work? - Mayo Clinic Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left

Anemia - Symptoms and causes - Mayo Clinic What red blood cells do The body makes three types of blood cells. White blood cells fight infection, platelets help blood clot and red blood cells carry oxygen throughout the

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Tinnitus - Symptoms and causes - Mayo Clinic Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system.

For many people, tinnitus improves

Glucosamine - Mayo Clinic Learn about the different forms of glucosamine and how glucosamine sulfate is used to treat osteoarthritis

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Pancreatic cancer - Symptoms and causes - Mayo Clinic Pancreatic cancer — Overview covers symptoms, risk factors, prevention, diagnosis, surgery, chemotherapy and other treatment for cancer of the pancreas

Detox foot pads: Do they really work? - Mayo Clinic Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left

Anemia - Symptoms and causes - Mayo Clinic What red blood cells do The body makes three types of blood cells. White blood cells fight infection, platelets help blood clot and red blood cells carry oxygen throughout the

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Osteopathic medicine: What kind of doctor is a D.O.? - Mayo Clinic You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Tinnitus - Symptoms and causes - Mayo Clinic Tinnitus is usually caused by an underlying condition, such as age-related hearing loss, an ear injury or a problem with the circulatory system. For many people, tinnitus improves

Glucosamine - Mayo Clinic Learn about the different forms of glucosamine and how glucosamine sulfate is used to treat osteoarthritis

Urinary tract infection (UTI) - Symptoms and causes - Mayo Clinic Learn about symptoms of urinary tract infections. Find out what causes UTIs, how infections are treated and ways to prevent repeat UTIs

Statin side effects: Weigh the benefits and risks - Mayo Clinic Statin side effects can be uncomfortable but are rarely dangerous

Migraine - Symptoms and causes - Mayo Clinic A migraine is a headache that can cause intense throbbing pain or a pulsing feeling, usually on one side of the head. It often happens with nausea, vomiting, and extreme

Pancreatic cancer - Symptoms and causes - Mayo Clinic Pancreatic cancer — Overview covers symptoms, risk factors, prevention, diagnosis, surgery, chemotherapy and other treatment for cancer of the pancreas

Detox foot pads: Do they really work? - Mayo Clinic Do detox foot pads really work? No trustworthy scientific evidence shows that detox foot pads work. Most often, these products are stuck on the bottom of the feet and left

Anemia - Symptoms and causes - Mayo Clinic What red blood cells do The body makes three types of blood cells. White blood cells fight infection, platelets help blood clot and red blood cells carry oxygen throughout the

Calorie Calculator - Mayo Clinic If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs

Related to where do grains come from

Understanding the Difference Between Grains, Nuts, and Seeds (For Dietitians on MSN2mon)

Navigating the world of grains, nuts, and seeds can be as tricky as solving a math problem. These foods play a vital role in

Understanding the Difference Between Grains, Nuts, and Seeds (For Dietitians on MSN2mon)

Navigating the world of grains, nuts, and seeds can be as tricky as solving a math problem. These foods play a vital role in

Related Articles

- [nissan frontier lug nut torque specs](#)
- [food handlers must wash their hands before which activity](#)
- [hesi pn exit exam practice questions](#)

[Back to Home](#)