

whole wheat crackers nutrition

whole wheat crackers nutrition offers valuable insights into the health benefits and dietary contributions of this popular snack. Whole wheat crackers are increasingly favored for their nutrient-rich profile compared to traditional refined flour crackers. They provide essential nutrients such as fiber, protein, vitamins, and minerals that support overall health and wellness. Understanding the nutritional components of whole wheat crackers can help individuals make informed dietary choices, especially those aiming for heart health, digestive wellness, or weight management. This article explores the detailed nutritional composition of whole wheat crackers, their health benefits, potential drawbacks, and tips for incorporating them into a balanced diet. Additionally, it covers how whole wheat crackers compare to other types of crackers and offers guidance on selecting healthier options at the store.

- Nutritional Composition of Whole Wheat Crackers
- Health Benefits of Whole Wheat Crackers
- Potential Drawbacks and Considerations
- Comparing Whole Wheat Crackers to Other Crackers
- Incorporating Whole Wheat Crackers into a Balanced Diet

Nutritional Composition of Whole Wheat Crackers

Whole wheat crackers are primarily made from whole wheat flour, which retains all parts of the grain — the bran, germ, and endosperm. This composition results in a richer nutrient profile than refined grain products. Understanding the nutritional breakdown of whole wheat crackers is essential for evaluating their role in a healthy diet.

Macronutrients in Whole Wheat Crackers

Whole wheat crackers typically provide a balanced mix of macronutrients, including carbohydrates, protein, and fats. Carbohydrates are the main energy source, mostly from complex starches and dietary fiber. Protein content is moderate, contributing to muscle maintenance and repair, while fat content is usually low to moderate, often coming from healthy oils.

Micronutrients and Fiber Content

One of the key nutritional advantages of whole wheat crackers is their high dietary fiber content.

Fiber supports digestive health, promotes satiety, and helps regulate blood sugar levels. Whole wheat crackers also contain essential vitamins and minerals such as B vitamins (thiamin, niacin, riboflavin), iron, magnesium, and zinc. These micronutrients play vital roles in energy metabolism, immune function, and overall well-being.

Typical Nutritional Values per Serving

While exact values vary by brand and recipe, a standard serving (about 30 grams or 6-8 crackers) generally contains:

- Calories: 120-140 kcal
- Carbohydrates: 20-24 grams
- Dietary Fiber: 3-5 grams
- Protein: 3-4 grams
- Total Fat: 3-5 grams
- Sodium: 150-250 milligrams

These values highlight whole wheat crackers as a moderately low-calorie snack with significant fiber and moderate protein.

Health Benefits of Whole Wheat Crackers

Whole wheat crackers offer multiple health benefits due to their nutrient-dense profile. Incorporating them into a diet can support various aspects of health, particularly cardiovascular and digestive wellness.

Supports Digestive Health

The fiber content in whole wheat crackers helps promote regular bowel movements and supports a healthy gut microbiome. Insoluble fiber in whole wheat adds bulk to stool, reducing constipation risk, while soluble fiber can help lower cholesterol levels.

Contributes to Heart Health

Whole grains like whole wheat are linked to a reduced risk of heart disease. The fiber, antioxidants, and phytonutrients in whole wheat crackers may lower LDL cholesterol and improve blood pressure, promoting cardiovascular health.

Helps with Weight Management

Due to their fiber and protein content, whole wheat crackers can increase feelings of fullness and reduce overall calorie intake. This satiating effect can assist in weight control by preventing overeating and snacking on less nutritious options.

Provides Essential Nutrients

Whole wheat crackers supply important vitamins and minerals needed for energy production, immune support, and metabolic functions. The B vitamins found in whole wheat assist in converting food into usable energy, while minerals like magnesium support muscle and nerve function.

Potential Drawbacks and Considerations

While whole wheat crackers are generally healthy, some considerations should be noted to ensure they fit appropriately into a balanced diet.

Sodium Content

Many whole wheat crackers contain added salt for flavor, which can contribute to higher sodium intake. Excessive sodium consumption is associated with elevated blood pressure and cardiovascular risk. Reading labels and choosing low-sodium options is advisable for individuals monitoring their salt intake.

Added Ingredients and Processing

Some commercially available whole wheat crackers may include added sugars, unhealthy fats, or artificial additives. These ingredients can diminish the nutritional quality and increase calorie density. Opting for crackers with minimal ingredients and no trans fats is recommended.

Portion Control

Despite their health benefits, whole wheat crackers should be eaten in moderation. Overconsumption can lead to excess calorie intake, potentially impacting weight management goals. Awareness of serving sizes is important.

Comparing Whole Wheat Crackers to Other Crackers

Whole wheat crackers differ significantly from crackers made with refined flour or alternative grains. Understanding these differences can guide healthier snack choices.

Whole Wheat vs. Refined Flour Crackers

Refined flour crackers lack the bran and germ found in whole wheat, resulting in lower fiber, fewer vitamins, and minerals. They also tend to have a higher glycemic index, which can cause rapid blood sugar spikes. Whole wheat crackers offer better nutritional value and a more sustained energy release.

Whole Wheat vs. Gluten-Free Crackers

Gluten-free crackers cater to individuals with gluten intolerance or celiac disease but are often made from refined starches that provide less fiber and nutrients than whole wheat options. For those without gluten sensitivities, whole wheat crackers are generally more nutritious.

Whole Wheat vs. Multigrain Crackers

Multigrain crackers contain multiple types of grains, which may or may not be whole grains. Checking the ingredient list ensures the presence of whole grains. Whole wheat crackers guarantee a whole grain base, while multigrain crackers can vary in nutritional quality.

Incorporating Whole Wheat Crackers into a Balanced Diet

Whole wheat crackers can be a convenient and nutritious addition to meals and snacks when consumed thoughtfully.

Healthy Pairing Ideas

Pairing whole wheat crackers with nutrient-dense foods enhances their nutritional benefits and flavor. Examples include:

- Hummus or bean dips for added protein and fiber
- Cheese or nut butters for healthy fats and protein
- Fresh vegetables like cucumber slices or cherry tomatoes
- Avocado spreads for heart-healthy monounsaturated fats

Meal and Snack Suggestions

Whole wheat crackers can be incorporated into various eating occasions, such as:

- As a quick snack with a source of protein
- Alongside soups and salads to add texture and fiber
- Crumbled as a topping for yogurt or casseroles
- Part of a balanced lunch box for on-the-go nutrition

Choosing Quality Whole Wheat Crackers

When selecting whole wheat crackers, consider the following tips to maximize nutritional benefits:

- Check the ingredient list for whole wheat or whole grain as the first ingredient
- Look for crackers with at least 3 grams of fiber per serving
- Avoid products with added sugars, hydrogenated oils, or excessive sodium
- Choose brands that use minimal and recognizable ingredients

Frequently Asked Questions

What are the main nutritional benefits of whole wheat crackers?

Whole wheat crackers are a good source of dietary fiber, providing essential nutrients like complex carbohydrates, vitamins (such as B vitamins), and minerals like iron and magnesium, which support digestive health and sustained energy levels.

How many calories are typically in a serving of whole wheat crackers?

A standard serving of whole wheat crackers (about 30 grams or 5-6 crackers) typically contains around 120 to 150 calories, depending on the brand and specific ingredients used.

Are whole wheat crackers a good option for people managing blood sugar levels?

Yes, whole wheat crackers have a lower glycemic index compared to crackers made with refined flour, meaning they cause a slower and more stable rise in blood sugar, making them a better choice for blood sugar management.

Do whole wheat crackers contain a significant amount of protein?

Whole wheat crackers generally contain moderate protein content, usually around 2 to 4 grams per serving, which can contribute to daily protein intake but are not a primary protein source.

Are whole wheat crackers suitable for a low-sodium diet?

Many whole wheat crackers can be high in sodium, but there are low-sodium or reduced-salt options available. It's important to check the nutrition label to ensure they fit within your sodium intake goals.

Additional Resources

1. *Whole Wheat Crackers: The Ultimate Nutrition Guide*

This book delves deep into the nutritional profile of whole wheat crackers, explaining their benefits and how they fit into a balanced diet. It covers essential vitamins, minerals, and fiber content, making it a useful resource for health-conscious readers. The guide also compares whole wheat crackers to other snack options, helping you make informed choices.

2. *Healthy Snacking with Whole Wheat Crackers*

Focusing on smart snacking habits, this book highlights whole wheat crackers as a nutritious alternative to processed snacks. It includes tips on portion control, pairing crackers with healthy

toppings, and recipes that enhance their nutritional value. Ideal for those looking to maintain energy throughout the day with wholesome foods.

3. The Science of Whole Grains: Whole Wheat Crackers Explored

Explore the science behind whole grains and their impact on health in this comprehensive text. It explains how whole wheat crackers retain nutrients during processing and their role in promoting digestive health. Readers will gain a thorough understanding of the biochemical benefits and potential health impacts.

4. Whole Wheat Crackers and Heart Health

This book connects the consumption of whole wheat crackers with cardiovascular wellness. It reviews studies on fiber, antioxidants, and whole grain intake and offers practical advice on integrating whole wheat crackers into a heart-healthy diet. Perfect for readers interested in nutrition's role in preventing heart disease.

5. Gluten-Free Alternatives and Whole Wheat Crackers

While focusing on gluten-free diets, this book contrasts them with whole wheat cracker nutrition, highlighting the benefits and considerations of each. It provides guidance for those navigating dietary restrictions while ensuring adequate nutrient intake. The book is a helpful resource for understanding how whole wheat crackers compare to gluten-free options.

6. Whole Wheat Crackers: From Ingredients to Nutrition

This book breaks down the ingredients used in whole wheat crackers and their individual nutritional contributions. It examines the impact of different baking methods and additives on the final nutritional quality. Readers interested in food science and nutrition will find this analysis insightful.

7. Boosting Energy with Whole Wheat Crackers

Learn how whole wheat crackers can be a great source of sustained energy throughout your day. This book discusses the complex carbohydrates and fiber content that help regulate blood sugar levels and prevent energy crashes. It also includes snack ideas to maximize energy benefits.

8. Whole Wheat Crackers in a Balanced Diet

This guide emphasizes the role of whole wheat crackers within a broader dietary framework. It offers meal planning advice, portion sizes, and pairing suggestions to ensure nutritional balance. Ideal for individuals aiming to incorporate whole wheat snacks without compromising overall dietary goals.

9. The Nutritional Benefits of Whole Wheat Crackers for Weight Management

Explore how whole wheat crackers can support weight management through satiety and nutrient density. The book provides evidence-based strategies to use whole wheat crackers as part of a calorie-conscious eating plan. It also discusses mindful snacking and controlling cravings with wholesome options.

Whole Wheat Crackers Nutrition

Find other PDF articles:

<https://www-01.massdevelopment.com/archive-library-202/pdf?docid=JTf60-7107&title=cramer-s-method-calculator.pdf>

whole wheat crackers nutrition: Road to Resolution: The Nutritional Guide (Color Edition)

James Henley,

whole wheat crackers nutrition: *Nutritional Foundations and Clinical Applications - E-Book*

Michele Grodner, Sylvia Escott-Stump, Suzanne Dorner, 2015-01-29 Looking at nutrition and nutritional therapy from the nurse's perspective, *Nutritional Foundations and Clinical Applications: A Nursing Approach* takes a wellness approach based on health promotion and primary prevention. It offers guidelines with a human, personal touch, using first-hand accounts to show how nutrition principles apply to patients in real-world practice. This edition includes new chapters on the effects of stress on nutrient metabolism and on nutrition for neurodegenerative disorders such as Alzheimer's and Parkinson's disease. Written by educators Michele Grodner, Sylvia Escott-Stump, and Suzie Dorner, this leading nutrition text promotes healthy diets and shows how nutrition may be used in treating and controlling diseases and disorders. Applying Content Knowledge and Critical Thinking/Clinical Applications case studies help you apply nutrition principles to real-world practice situations. Health Debate and Social Issue boxes explore controversial health issues and emphasize ethical, social, and community concerns, so that you can develop your own opinions. Cultural Considerations boxes highlight health issues and eating patterns related to specific ethnic groups to help you approach, interview, and assess patients from diverse populations. Teaching Tool boxes include strategies for providing nutrition counseling to patients. Personal Perspective boxes offer first-hand accounts of interactions with patients and their families, demonstrating the personal touch for which this book is known. Key terms and a glossary make it easy to learn key vocabulary and concepts. Website listings at the end of every chapter refer you to related sites for additional research and study. NEW! Nutrition for Neuro-Psychiatric Disorders chapter covers neurodegenerative disorders such as Alzheimer's and Parkinson's disease and psychiatric disorders such as depression and bipolar disorders. NEW! Nutrition in Metabolic Stress: Burns, Trauma, and Surgery chapter examines the effects of stress on nutrient metabolism and starvation along with severe stress due to surgery and trauma. NEW organization for the clinical chapters includes: 1) Disorder: background and implications, 2) Food and nutrition therapies, 3) Education: Teaching Tool boxes. UPDATED content reflects changes to Healthy People 2020 and the Dietary Guidelines for Americans 2010. UPDATED! The Nursing Approach box analyzes a realistic nutrition case study in terms of the nursing process, demonstrating practical ways nurses can use nutrition in practice and process.

whole wheat crackers nutrition: *Nutrition and Diet Therapy* Sue Rodwell Williams, 1969

whole wheat crackers nutrition: Discovering Nutrition Dr. Paul Insel, Kimberley McMahon, Melissa Bernstein, 2025-05-13 Incorporating the latest research and dietary guidelines, *Discovering Nutrition, Seventh Edition* introduces students to the fundamentals of nutrition with an engaging and personalized approach. Written with a diverse student population of nutrition majors and non-majors in mind, this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness, while also presenting up-to-date scientific concepts in several innovative ways. Thoroughly updated, the new seventh edition covers current nutrition topics of interest such as personalized nutrition, nutrigenomics, the obesogenic environment, gut health, microbiome, plant-based diet, functional foods, bioavailability, nutrition density, and gut microbiome. Feature boxes such as the new Lifestyle Medicine, Why Is This Important? Quick Bites, and more, ensure students learn practical nutrition information.

whole wheat crackers nutrition: *Basic Nutrition, Third Edition* Lori Smolin, Mary

Grosvenor, 2019-01-01 The body uses food to fuel its processes and to stay healthy. *Basic Nutrition, Third Edition* includes important information regarding the six classes of nutrients, how each is broken down and used by the body, and how much of each nutrient an individual needs. In a stimulating and easy-to-understand format, this informative title also provides guidance for planning a healthy diet.

whole wheat crackers nutrition: Foods & Nutrition Encyclopedia, 2nd Edition, Volume 1 Marion Eugene Ensminger, Audrey H. Ensminger, 2023-07-21 Foods and Nutrition Encyclopedia, 2nd Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 462 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

whole wheat crackers nutrition: The 90/10 Weight Loss Cookbook Joy Bauer, Rosemary Black, 2005-02-01 Discover the easy and delicious way to lose weight and stay healthy with this cookbook from the acclaimed nutrition expert—featuring more than 100 recipes! With The 90/10 Weight-Loss Plan, Joy Bauer introduced a simple and effective approach to nutrition that’s “a breath of fresh air to frustrated dieters” (Publishers Weekly). Now, Joy shares tips and recipes to help you put her plan into action with every meal of the day—and even dessert. Following the 90/10 plan—a balanced diet of 90% Nutritious Food and 10% Fun Food—The 90/10 Weight Loss Cookbook shows you how to create satisfying at-home meals for you and your family while maintaining the weight you want. It features: *Over 100 recipes for breakfast, lunch, dinner, AND DESSERT! *Joy’s Guide to Navigating the Grocery Store *Kids in the Kitchen—a chapter devoted to kid-friendly meals and snacks.

whole wheat crackers nutrition: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),

whole wheat crackers nutrition: American Heart Association Complete Guide to Women's Heart Health American Heart Association, 2011-12-27 Heart disease poses the greatest health threat that women in the United States face: One in every three women will die from it each year. But that doesn't have to be the case. Heart disease is not an inevitable part of growing older. In fact, if you reach the age of 50 without developing the major risk factors for heart disease, you can live your entire life without it, and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In this groundbreaking book, the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart. The Complete Guide to Women's Heart Health explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. With specific pointers on diet, exercise, and health care, this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the busy life you lead, at every age. In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond, the American Heart Association gives women age-appropriate advice on healthy lifestyle choices and heart-health care. Additional information addressing issues of special interest to women and how those issues affect the heart include: · Smoking· Pregnancy· Menopause and hormone therapy· Aging· Diabetes and other health conditions With the latest guidelines on prevention, suggestions on how to work with your healthcare providers to maintain and improve your vitality, details on screening technologies, and facts about common diagnoses and treatment options, this book is the ultimate resource to help you—and all the women in your life—fight heart disease. From the Hardcover edition.

whole wheat crackers nutrition: Human Nutrition United States. Department of Agriculture, 1940

whole wheat crackers nutrition: Nutrition and Diet Therapy Peggy Stanfield, Peggy S. Stanfield, Yiu H. Hui, 2003 Ideal for self-paced or distance-learning courses, the text's unique modular format contains practice exercises and posttests throughout, allowing students to master one section of the material before moving on to the next. Visit this text's Web site at <http://nursing.jbpub.com/stanfield/>

whole wheat crackers nutrition: DASH Diet For Dummies Sarah Samaan, Rosanne Rust,

Cindy Kleckner, 2020-10-23 Get on track to lower your blood pressure in just two weeks! Almost half of all adults in the United States have high blood pressure—but many of us are not aware of it. High blood pressure, also known as hypertension, has serious health implications. It is classified as a leading cause of premature death by the World Health Organization, contributing to strokes, heart attacks, heart failure, kidney failure, and even dementia. While medications are often necessary to keep blood pressure in the safe zone, a judicious dietary and lifestyle overhaul will greatly help manage your blood pressure and your overall heart health. Written in an easy-to-follow, friendly style by three heart and nutrition experts, *DASH Diet For Dummies* shows you how increasing fiber, vitamins, and minerals, along with reducing your sodium intake when needed, can lower your blood pressure in just two weeks! Ranked the #1 Best Diet for Healthy Eating as well as #2 Best Diets Overall by U.S. News & World Report, the DASH Diet is specifically aimed at relieving hypertension and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and the Mayo Clinic—and is also proven to be effective against conditions such as Type 2 diabetes, metabolic syndrome, PCOS, and more. Improve heart health with lower blood pressure Reduce cholesterol Lose weight Follow simple, tasty recipes So, don't let hypertension scare you. Along with good medical care, the DASH diet makes lowering your blood pressure achievable - and tasty! By following the straightforward meal plans and trying out our favorite recipes in *DASH Diet for Dummies*, you'll set yourself on the fast, proven journey to better blood pressure - and be on your way to a healthy and heart-smart future!

whole wheat crackers nutrition: *Stop Diabetes Now* William T. Cefalu, 2008 (Avery) Consumer text offers a treatment plan for diabetes sufferers. Topics include nutritional changes, blood glucose monitoring, pain-free insulin delivery systems, and alternative therapies.

whole wheat crackers nutrition: *Clinical Nutrition For Dummies* Michael J. Rovito, 2014-03-10 Get up to date on clinical nutrition for school, work, or your own health From the proper function of the major organs and the role that proper nutrition plays in their functioning, to a breakdown of carbs, proteins, fats, vitamins, and minerals, *Clinical Nutrition For Dummies* provides you with the easy-to-read guide you need to immerse yourself in the subject! Written in the fun style that the *For Dummies* series has become known for, the book is perfect for students in the wide variety of fields that require an in-depth understanding of clinical nutrition, or for those who want to improve their own lives through better nutrition. Dive right into the book for an exploration of the chemical and functional components of food, how to properly assess your nutritional intake, the changing face of nutrition throughout the human lifespan, and so much more! This handy resource offers a wealth of information, and specifically addresses the growing obesity and diabetes epidemics that promise to make the study of clinical nutrition more important than ever. Includes a complete breakdown of the relationship between nutrition and chronic diseases. Explores the nutritional requirements at various life stages, from pediatric through geriatric Features information on the importance of proper nutrition during pregnancy Shares tips for modifying dietary intake and health behavior theory, along with properly communicating health information *Clinical Nutrition For Dummies* is your complete, fun guide to the topic of nutrition—dive in today to get started on the pathway to mastering this increasingly important subject.

whole wheat crackers nutrition: *FDA Consumer* , 1994

whole wheat crackers nutrition: *Diet and Nutrition Sourcebook, 6th Ed.* James Chambers, 2021-06-01 Consumer health information about dietary guidelines and eating plans for children, adults, and seniors, weight control, and related medical concerns. Includes index, glossary of related terms, and other resources.

whole wheat crackers nutrition: *Whole Grains and Health* Len Marquart, David R. Jacobs, Jr., Graeme H. McIntosh, Kaisa Poutanen, Marla Reicks, 2008-02-28 *Whole Grains and Health* presents a science-based discussion of whole grains and their expanding role in health and disease. An international collection of authors presents current perspectives on grains, the many opportunities for further research into whole grains and the remarkable growth potential for product development. Coverage includes discussions on the health benefits of a diet rich in whole grains, the

functional components of whole grains and the regulatory nuances of labeling grain products. A unique feature is a section devoted to communicating with consumers. Barriers exist which affect consumer acceptance and use of whole-grain foods. Whole Grains and Health addresses those concerns and offers strategies for furthering research, product development and educational outreach.

whole wheat crackers nutrition: *The HIIT Bible* Steve Barrett, 2017-05-18 The HIIT Bible is the ultimate guide to High-Intensity Interval Training - the fastest and most effective means of getting fit and improving body composition. A complete reference guide, The HIIT Bible explains everything you need to know about the exercise method that delivers big results - fast. Read about its many benefits and gain expert advice on how to use HIIT to get fit, look toned and feel fantastic. Accessible, practical and written by a globally recognised fitness authority, it features masses of tried and tested high intensity exercises and moves, each accompanied by easy-to- follow photos and instructions. The HIIT Bible is the only book on High-Intensity Interval Training you'll ever need.

whole wheat crackers nutrition: Foods & Nutrition Encyclopedia, Two Volume Set Marion Eugene Ensminger, Audrey H. Ensminger, 1993-11-09 Foods and Nutrition Encyclopedia, Second Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 463 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

whole wheat crackers nutrition: The Instant Pot Diabetes Cookbook Nancy S. Hughes, 2020-04-29 The ultimate Instant Pot cookbook for people with diabetes, from the diabetes food and nutrition experts! This Instant Pot-authorized cookbook from the experts at the American Diabetes Association contains 90 easy and healthy recipes made with simple ingredients. Inside, you'll find nutritious, flavorful Instant Pot recipes that will easily transform into mouth-watering meals. Each recipe includes detailed instructions to walk you through every step of cooking with your Instant Pot. Recipes include family favorites as well as a wide range of options inspired by Mexican, Italian, Thai, Indian, and Cajun cuisines. Whatever you have a taste for, you'll find it in this book! Additionally, each recipe meets the nutrition guidelines set by the American Diabetes Association. Other features of the Instant Pot Diabetes Cookbook include: Pressure Pointers to help you understand how your Instant Pot works and what it can do A table of cooking times for a variety of ingredients from grains to veggies to meats Essential kitchen equipment and ingredients to have on hand to make diabetes-friendly cooking with your Instant Pot a breeze Complete nutrition information with each recipe to make diabetes meal planning easy

Related to whole wheat crackers nutrition

whole | **Weblio** whole

entire | **Weblio** Entire entire en'tire 完全 1 完全 ⇒ whole

Whole - Weblio a whole family - EDR a whole nation
one whole year - EDR one's whole self

Whole-wheat | Weblio Whole-wheat - ()
Weblio

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

[as a whole] - Weblio a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don't give you the whole picture.
 -

whole - Weblio whole, entirely.

wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - **Weblio**
whole-body | **Weblio** whole-body ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** entire entire en-tire i nta'ær
1 = whole

Whole - **Weblio** a whole family - EDR a whole nation
- EDR one whole year 1 - EDR one's whole self

Whole-wheat | **Weblio** Whole-wheat - ()
Weblio

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don 't give you the whole picture. -

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - **Weblio**
whole-body | **Weblio** whole-body ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** entire entire en-tire i nta'ær
1 = whole

Whole - **Weblio** a whole family - EDR a whole nation
- EDR one whole year 1 - EDR one's whole self

Whole-wheat | **Weblio** Whole-wheat - ()
Weblio

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don 't give you the whole picture. -

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - **Weblio**
whole-body | **Weblio** whole-body ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** entire entire en-tire i nta'ær
1 = whole

Whole - **Weblio** a whole family - EDR a whole nation
- EDR one whole year 1 - EDR one's whole self

Whole-wheat | **Weblio** Whole-wheat - ()

Weblio

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole]

whole picture | **Weblio** Don 't give you the whole picture.

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body

whole | **Weblio** whole

entire | **Weblio** entire entire en-tire i nta'ær

Whole - **Weblio** a whole family - EDR a whole nation

Whole-wheat | **Weblio** Whole-wheat - (Weblio)

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole]

whole picture | **Weblio** Don 't give you the whole picture.

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body

whole | **Weblio** whole

entire | **Weblio** entire entire en-tire i nta'ær

Whole - **Weblio** a whole family - EDR a whole nation

Whole-wheat | **Weblio** Whole-wheat - (Weblio)

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole]

whole picture | **Weblio** Don 't give you the whole picture.

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body; ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** Entire entire en-tire i nta'ær

Whole - **Weblio** a whole family - EDR a whole nation

Whole-wheat | **Weblio** Whole-wheat - (Weblio)

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don 't give you the whole picture. -

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body; ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** Entire entire en-tire i nta'ær

Whole - **Weblio** a whole family - EDR a whole nation

Whole-wheat | **Weblio** Whole-wheat - (Weblio)

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - **Weblio** a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don 't give you the whole picture. -

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body; ; ; ; - 486