

Title:

The Truth About Enriched Wheat Flour (White Flour)

Word Count:

413

Summary:

Open up your bread box and read the ingredients of your favorite bread. Chances are the first

What does "enriched" mean?

Enriched flour is flour in which most of the natural vitamins and minerals have been extracted

Why is enriched flour bad?

When the bran and the ger...

Keywords:

white flour, enriched wheat flour

Article Body:

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What does "enriched" mean?

Enriched flour is flour in which most of the natural vitamins and minerals have been extracted

Why is enriched flour bad?

When the bran and the germ (the parts of the wheat that contain vitamins and minerals) are rem

Whole grains

Whole grains are richer in dietary fiber, antioxidants, protein (and in particular the amino a

Health benefits

By eating whole grains you reduce the risk of some forms of cancer, digestive system diseases,

Don't be fooled

There are many products that seem healthy on the front but in reality they are not. If the bre

Look for products that say 100% whole wheat. Trader Joes carries spaghetti that is 100% whole

1 Corinthians 6: 19, 20

You are not your own; you were bought at a price. Therefore honor God with your body.

Foods that commonly contain enriched flour

Bread

Pasta

Chicken nuggets (breaded)

Pizza

Pie crust

Crackers

Cake

Cookies

Brownies

Pretzels

Donuts

Available at <http://www.sanface.com/txt2pdf.html>