

Refined Wheat

America's Most Consumed Empty Food



Bran
Starch
Germ

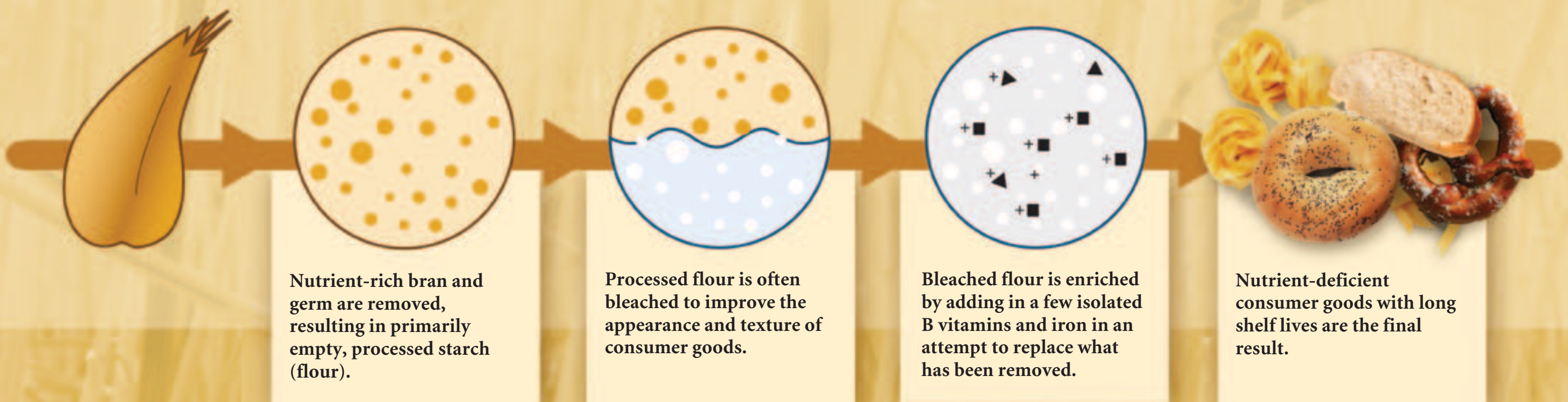
Whole Wheat Kernel

Nutrients lost with the wheat's bran and germ during refining

- | | | |
|-----------------------------|-------------------------|---------------------------|
| Protein | Selenium | Thiamin |
| Sugar | Sodium | Carotene |
| Fiber | Zinc | Lutein + zeaxanthin |
| Saturated fatty acids | Vitamin A | Many phytonutrients like: |
| Monounsaturated fatty acids | Vitamin C | Lignans |
| Polyunsaturated fatty acids | Vitamin B ₆ | Phytoestrogens |
| Calcium | Vitamin B ₁₂ | Phenolic compounds |
| Copper | Vitamin E | Tocotrienols |
| Iron | Folate | |
| Magnesium | Vitamin K | |
| Phosphorus | Niacin | |
| Potassium | Riboflavin | |

and many more...

The Refining Process



Nutrient-rich bran and germ are removed, resulting in primarily empty, processed starch (flour).

Processed flour is often bleached to improve the appearance and texture of consumer goods.

Bleached flour is enriched by adding in a few isolated B vitamins and iron in an attempt to replace what has been removed.

Nutrient-deficient consumer goods with long shelf lives are the final result.

Jacobs DR, Pereira MA, Meyer KA, Kushi LH. Fiber from whole grains, but not refined grains, is inversely associated with all-cause mortality in older women: the Iowa women's health study. *J Am Coll Nutr* 2000 Jun;19(3 Suppl):326S-330S.
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Slavin JL. Mechanisms for the impact of whole grain foods on cancer risk. *J Am Coll Nutr* 2000 Jun;19(3 Suppl):300S-307S.
Slavin JL, Martini MC, Jacobs DR, Marquat L. Plausible mechanisms for the protectiveness of whole grains. *Am J Clin Nutr* 1999;70(suppl):459S-63S.

Whole Food Supplements
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