

Refined Wheat

America's Most Consumed Empty Food



Bran
Starch
Germ

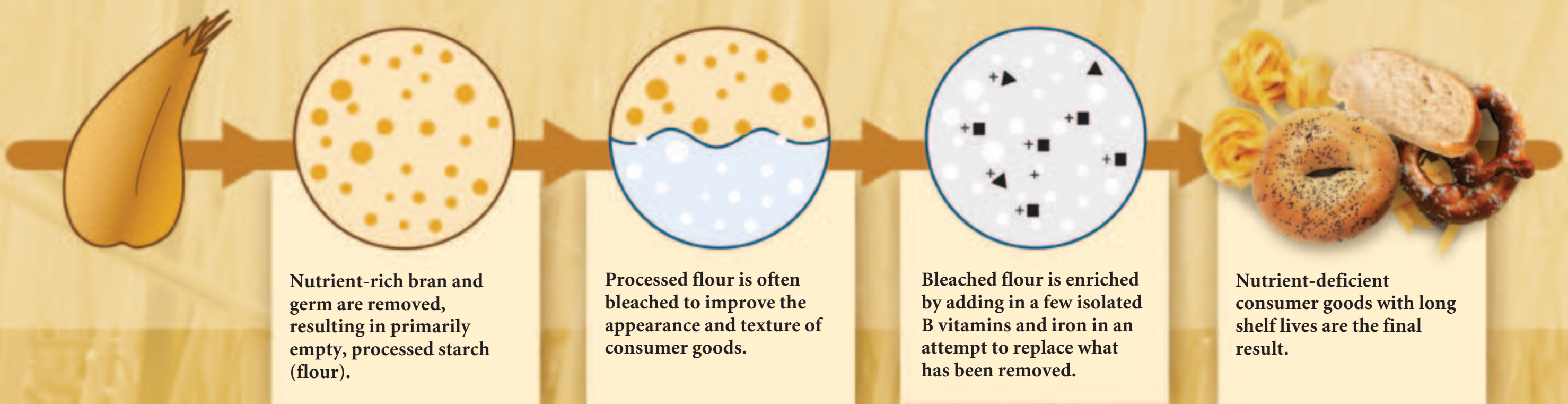
Whole Wheat Kernel

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



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.

Jacobs DR, Steffen LM. Nutrients, foods, and dietary patterns as exposures in research: a framework for food synergy. *Am J Clin Nutr* 2003;78(suppl):508S-135S.

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
www.standardprocess.com

