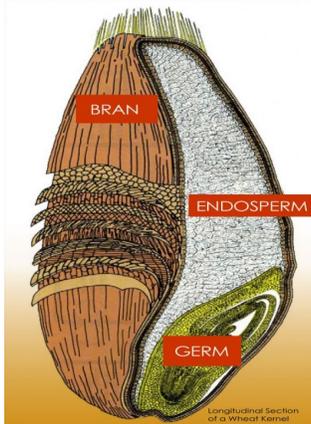




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Our kitchens use to have one container of flour but today that have changed. With flour being the key ingredient in many baked products we find ourselves overwhelmed in the baking aisle at the super market. Flour is a raw food. It may not look like a raw food, just like fresh tomatoes or carrots. The grains from which flour is ground are grown in fields and, like all foods grown outdoors, they may be exposed to a variety of harmful bacteria like Salmonella and pathogenic E Coli. Flour should not be consumed raw such as raw cookie dough.



WHAT'S THE DIFFERENCE:

Whole wheat flour is made by milling 100% of the kernel into a powder. Compared to most white flour, only 72% of the original whole grain remains. This milling away of the grain results in the removal of valuable nutrients that include iron, vitamins & fiber. Americans consume only half the recommended amounts of dietary fiber. By choosing whole grains, studies show a reduction of cardiovascular disease, type 2 diabetes, and inflammation-related conditions.

Flour Substitutions

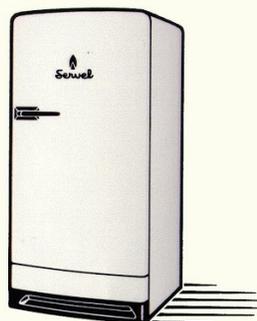
The following are basic flour substitutions that should be followed for success in baking:

- 1 cup All-Purpose White Flour can be substituted for ½ cup Whole Wheat Flour plus ½ cup All-Purpose Flour
- 1 cup Cake Flour can be substituted for 1 cup minus 2 Tablespoons All-Purpose Flour
- 1 cup Self-Rising Flour can be substituted for 1 cup minus 1 teaspoon All-Purpose Flour plus 1 ½ teaspoon baking powder and ½ teaspoon salt.



HOW DO I STORE FLOUR :

Proper storage of flour will increase the shelf life for your flour. To maximize the life of whole grain and nut flours store them in air-tight containers in the refrigerator or freezer.



For more information:

www.LLM.unl.edu or
www.food.unl.edu