

# Crushed Wheat VS White Flour

**Crushed Wheat**

**White Flour**

## 1 Protein

20 grams per cup

13 grams per cup

## 2 Fiber

4 grams per cup

3.4 grams per cup

Increased fiber contributes to the feeling of fullness and increases digestive health

## 3 Live Food

1. No cells are destroyed during the crushing process.
2. Unlike white flour crushed wheat does not require additional chemicals or preservatives.
3. Crushed wheat is all natural enzymes, bacteria, and nutrition.

## 4 Natural Nutrition

1. Chemical bleaching agents are used to enhance the color in white flour.
2. Man made vitamin B and Iron are put back into white flour after it has been processed.
3. Crushed wheat has no artificial nutrients added or taken out.

## 5 Simple VS Complex Carbohydrates

**1. Crushed wheat is a complex carbohydrate.**

- i. Takes longer for the body to break down
- ii. Broken down into simple sugars & used slowly over time.

**2. White flour is a simple carbohydrate.**

- i. Easily broken down by the body.
- ii. Raises blood glucose levels