



Flour, All-Purpose, Enriched, Bleached

MyPlate Food Group: **Grains**



Nutrition Information

- $\frac{1}{4}$ cup all-purpose flour counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. All-purpose flour is a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about all-purpose flour, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Use all-purpose flour to make cookies, waffles, pancakes, muffins, breads, or other grain-based recipes.
- All-purpose flour can be used as a thickener for soups, sauces, and gravies.

Storing Foods at Home

- Store unopened packages of flour in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Flour may be stored in the refrigerator in an air tight container not made from metal.

MyPlate Facts

- Try to make at least $\frac{1}{2}$ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



USDA Foods

Whole Wheat Pizza Dough

Makes 6 servings

Ingredients:

- ¾ cup warm water
- 1 ½ teaspoons yeast
- 1 teaspoon sugar
- 1 teaspoon vegetable oil
- ¼ teaspoon salt
- 1 cup whole wheat flour
- 1 cup all-purpose flour

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, combine water, yeast, and sugar. Let stand for 5 minutes.
3. Add sugar, oil, salt, whole wheat and all-purpose flours, and mix to combine.
4. Knead dough for 5-10 minutes or until smooth and elastic.
5. Cover bowl with a damp towel and let dough rest for 5 minutes (or up to 1 hour if time allows).
6. Roll or press dough into desired shape and thickness.
7. Add your favorite sauce and toppings. Bake in the oven until toppings are cooked. Serve warm.

Recipe adapted from Linus Pauling Institute, Oregon State University

Simple White Sauce

Makes 8 servings

Ingredients:

- ¼ cup of butter
- ½ cup all-purpose flour
- 3-4 cups of milk

Directions: Wash hands with soap and water.

1. Melt butter in saucepan on medium heat.
2. Add flour and stir until a smooth paste forms.
3. Slowly add milk a little at a time and continue to stir frequently until sauce thickens.
4. Continue to stir to remove lumps. Serve warm over whole wheat pasta, brown rice, or warm vegetables.

Note: Use this simple sauce as a base for many dishes.

Vanilla sauce: add 2 teaspoons of vanilla extract and 2 tablespoons of sugar (powdered works best in this case).

Cheese sauce: add salt and pepper to taste and 1-2 cups of your favorite shredded cheese. Cook and stir until cheese is melted and sauce is smooth.

Recipe adapted from Taste of Home