



Flour, White Whole Wheat

MyPlate Food Group: **Grains**



Nutrition Information

- $\frac{1}{4}$ cup white whole wheat flour counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. White whole wheat flour is a whole 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 (thiamine, 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 white whole wheat flour, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Substitute white whole wheat flour when making cookies, waffles, pancakes, muffins, or other grain-based recipes.
- White whole wheat 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 (thiamine, 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

Chocolate Zucchini Muffins

Makes 12 servings

Ingredients:

- ¾ cup brown sugar
- ¼ cup vegetable oil
- 2 large eggs
- 1 ¼ cups milk
- 2 teaspoons vanilla extract
- 2 cups white whole wheat flour
- ½ cup unsweetened cocoa powder
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 cup shredded zucchini, tightly packed
- 1 cup semi-sweet chocolate chips

Directions: Wash hands with soap and water.

1. Preheat oven to 425 degrees F. Lightly grease a 12-cup muffin tin.
2. In a large bowl, whisk brown sugar, oil, eggs, milk, and vanilla until smooth.
3. In medium bowl, combine flour, cocoa, baking powder, and salt.
4. Gently stir flour mixture into liquid mixture until just combined (batter will be thick). Stir in shredded zucchini & chocolate chips.
5. Pour batter evenly into greased muffin cups. Bake at 425°F for 5 minutes, then reduce heat to 375°F. Continue baking for an additional 15 minutes.
6. Cool muffins for 5 minutes before removing to a wire cooling rack.

Recipe adapted from the Wisconsin Child and Adult Care Food Program

Peachy Pancakes

Makes 9 pancakes

Ingredients:

- 1 egg
- ¾ cup milk
- 2 tablespoons vegetable oil
- 1 cup white whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- ½ cup chopped peaches, canned or fresh

Directions: Wash hands with soap and water.

1. In a small bowl, beat egg until fluffy. Whisk in milk and oil.
2. In a medium bowl, mix white whole wheat flour, baking powder, sugar, and salt.
3. Add wet ingredients into flour mixture and stir until combined.
4. Gently stir in peaches.
5. Lightly grease a skillet and heat it to medium heat.
6. Pour about ¼ cup of batter onto the hot skillet for each pancake. Cook pancakes until puffed and dry around the edges.
7. Turn and cook on the other side until golden brown.

Recipe adapted from the Kansas WIC program