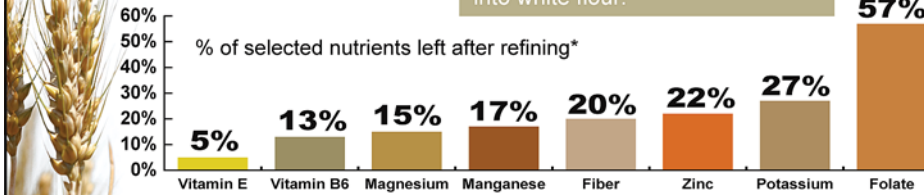


## Whole Grains: The High Cost of Refining

Tell your patients to watch out for foods that include one or more “refined” grains – the refining process strips away a large percentage of many vital nutrients. For example, here’s what’s lost when whole wheat flour is milled into white flour:



\*Compared to unrefined whole wheat flour. Percentages are approximate. Note that white flour can be enriched with nutrients after being refined, which will help compensate for the refinement process.

SOURCE: United States Department of Agriculture Nutrient Database for Standard Reference, Release 11 ([www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)).