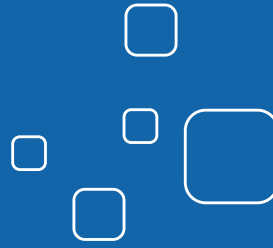


The Truth About White Flour - What to Choose Instead



A BODY IN BALANCE

The Problem with White Flour

When we consume foods containing white flour, these foods act much like sugar in the body.

Like sugar, white flour results in an immediate release of insulin, which is accompanied by the release of **IGF** (insulin-like growth factor), whose role is to stimulate cell growth. Stimulated cell growth can contribute to inflammation of cells.

Much of the white flour grains we eat today are refined and devoid of their natural 3 components: **bran**, **germ**, and the **endosperm**. Not only are these grains processed, but they are also often loaded with sugar, salt, artificial flavors, and hydrogenated oils.

What to Avoid?

Reading labels is important in understanding what to avoid. The words "whole grain" are used frequently on the outside of food containers, but this doesn't always mean its grains are 100% intact.

Whole grains should look as close to their natural state as possible. When in doubt, it's best to avoid the product.

Even "healthy-sounding" labels can be misleading:

- "Made with whole grains" doesn't mean 100% whole grain
- "Enriched" means nutrients were removed — then artificially added back
- "Multi-grain" just means multiple refined grains

Label tip: Choose foods that list whole [grain name] as the *first* ingredient — like whole wheat flour, whole oats, or brown rice flour.

Better Choices

Instead of white flour-based products, try these real-food swaps:

- Rolled oats or oat flour
- Quinoa or quinoa flour
- Brown rice or brown rice pasta
- Almond, spelt, or buckwheat flour
- Whole grain breads with visible seeds or texture

Key Takeaways

- White flour acts like sugar in the body, causing insulin and IGF release.
- Refined white flour lacks essential components like bran, germ, and endosperm.
- Be wary of misleading "whole grain" labels and opt for grains in their natural state.

Discover → Simplify → Transformation — that's the Unprocessed Life Method™.