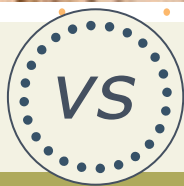




## STONEGROUND WHOLE WHEAT FLOUR



## RECONSTITUTED WHOLE WHEAT FLOUR

100% whole flour

### Label



white flour (00, 0)  
bran  
cruschello (middling)

A "true" whole flour is  
obtained only through stone  
milling

### Grinding



The industrial processing of  
ingredients through flour mill  
machines separate bran and  
germ from the endosperm

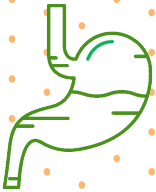
### Nutrition



Reduces glycaemic index  
Strengthens immune system  
Facilitates weight loss thanks  
to the prolonged sense of  
satiety  
Helps the functioning of the  
cardiovascular system

Increases glycaemic index  
Insulin resistance  
High blood pressure  
Poorly nutritional  
Reduced iron and calcium  
absorption

### Digestion



Regulates bowel movements  
Favours more-solid stools  
Limits constipation  
Regulate alvo alterno (related  
to Irritable bowel syndrome)

Abdominal swelling  
Intestinal motility disorders  
Reduced  
References

### Additive



none

Ascorbic acid (E300,  
Vitamin C)

L-cysteine (E920)

Phosphoric acid and its  
phosphates (E338 - E452)

### Resources

Dott. Franco Berrino dell'Istituto dei Tumori di Milano: <http://www.expo2015.org/magazine/it/lifestyle/franco-berrino.html>  
<http://www.eurosalus.com/colite/la-superiorita-morale-della-farina-integrale>  
<http://www.eurosalus.com/obesita/riconoscere-il-vero-integrale>  
<http://www.benesserecorpomente.it/il-pane-che-compriamo-puo-farci-male/>  
<http://www.benesserecorpomente.it/il-cibo-integrale-che-non-e-vero-integrale-falso-al-supermercato/>