



# MEDIA RELEASE

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## **New research shows not all flours are created equal**

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New research just published in the international journal *Nutrients*<sup>1</sup>, demonstrates the inequalities in the baking aisle, with an emerging range of novel flours that encourage creative cooking and suit a variety of dietary needs.

Carried out by nutrition scientists at the Grains & Legumes Nutrition Council (GLNC), the study found that almost one fifth of flours were whole grain, including those made from wholemeal wheat, quinoa, buckwheat, spelt, teff and Khorasan, many of which have moved from the health food aisle to the baking aisle of the supermarket. Although non-whole grain - or refined - flours still account for the majority of all flour on shelf at 70%, GLNC Nutrition Manager Jaimee Hughes points to whole grain varieties as the stand-out healthier option.

“Whole grain flours made from wholemeal wheat, spelt, buckwheat or quinoa were significantly higher in protein and dietary fibre, so baking with these over refined grain flours is a simple step towards reaching your 48g whole grain daily target. Additionally, making the swap to whole grain flour when baking would almost triple the amount of dietary fibre in baked goods”.

Ms Hughes said for those who need to avoid gluten, there are as many as 17 gluten-free mixes available on shelf, however these products can fall short of key nutrients.

“Gluten-free mixes made from maize or tapioca starch tend to be lower in protein and dietary fibre, making naturally gluten-free flours such as chickpea, buckwheat or quinoa a worthwhile addition to gluten-free baking”.

With so many of us currently finding comfort and purpose in baking and bread making, switching to whole grain flour may be one of the easiest ways to give our favourite baked goods a healthy upgrade. [Read the full open access paper here.](#)

**ENDS**



To arrange an interview with a GLNC dietitian or to request images, please contact:

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### **Background:**

GLNC runs a rolling audit of a range of grain and legume foods on shelf in the four major Australian supermarkets (Coles, Woolworths, IGA, ALDI), revisiting major categories biennially. Product audits help identify nutrition trends and track changes in the market, with all on-pack information collected and analysed; including nutrients, ingredients, whole grain and legume content, and all nutrition and health claims. GLNC and our Contributors use this information as an evidence base, to inform future projects and communications such as campaigns, media releases, research, and to grow the Code of Practice for Whole Grain Ingredient Content Claims (The Code). For personalised nutrition advice, GLNC suggests seeking the professional advice of an Accredited Practising Dietitian (APD).

### **About the Grains & Legumes Nutrition Council (GLNC):**

As the independent authority on the nutrition and health benefits of grains and legumes, GLNC's mission is to promote grains and legumes nutrition as part of a balanced diet through evidence-based information. Visit the GLNC [website](#) for recipes, factsheets and up-to-date information on the latest evidence around grains and legumes, and connect with GLNC on Facebook, Twitter and Instagram via [@GrainsLegumesNC](#).

### **Reference**

1. Hughes, J., Grafenauer, S.J. (2020). "Flour for Home Baking: A Cross-Sectional Analysis of Supermarket Products Emphasising the Whole Grain Opportunity." *Nutrients* **12**(7): 2058.