



Converting a Recipe to be Whole Grain-Rich

To be called a “whole grain-rich” food requires that a minimum of 50% of the grains and/or flours in a food be whole grain.

By retaining the bran and germ of a wheat kernel, a whole grain flour will have more fiber and naturally occurring nutrients. Whole grain flours have more complex taste and create a heartier texture than refined white flours.

When shopping for whole grain flour be sure to check the expiration date and buy the freshest available. Whole grains contain oil, with can turn rancid. Store whole wheat flour in the refrigerator or freezer in a tightly sealed container.

The tips below will help you convert a current recipe containing enriched all-purpose flour as it's only grain, to a recipe that contains enough whole wheat flour to be considered “whole grain-rich.”



Weights of Common Flours and Grain Ingredients

Use the weights below when determining what is the heaviest grain in a recipe. The flours listed are unsifted and spooned into measuring cup.

Weight of 1 cup in grams

All-purpose flour	125 g
Whole wheat flour*	125 g
Bread flour	135 g
Oats*	80 g
Wheat germ	115 g
Wheat bran	58 g
Cereals	refer to label

* whole grains

Whole Wheat WHITE Flour

Whole wheat white flour is milled from a variety of wheat that has a lighter colored bran and germ, resulting in an almost-white, milder tasting flour. For the home baker, whole wheat white flour can be used in a majority of recipes.

- ◆ If the recipe only grain is all-purpose flour, start off by substituting half of the all-purpose flour in the bread, pizza, crust, pancake, quick bread or other creditable bread with whole wheat flour. Example: 2 cups all-purpose flour becomes 1 cup all-purpose flour and 1 cup whole wheat flour. If you wish, you can experiment and increase the amount of whole wheat flour to more than half when you make the recipe again. (Light and delicate baked goods, like cakes, are often best left made with 100% all-purpose flour or whole wheat pastry flour.)
- ◆ The bran and germ included in whole wheat flours tend to soak up water, meaning that they can cause baked goods to dry out and become crumbly, especially yeast breads. If you notice this issue you may need to add more liquid to your recipe.
- ◆ If you are substituting all the regular flour in a quick bread/muffin recipe to all whole wheat flour, professional bakers often recommend adding another 1/4 to 1/2 teaspoon of baking soda to the dry ingredients and to use buttermilk for the liquid. This will improve the texture and “crumb” of the food.
- ◆ Some bakers find that letting a whole wheat batter sit for at least ten minutes before baking gives the liquid a chance to hydrate the whole wheat flour. This softens the batter for improved texture. However, other bakers claim that the whole grain flour given enough chance to hydrate during the baking process.
- ◆ Although wonderful fresh from the oven, the taste and texture of a whole grain quick bread or muffin may actually improve by the second day.

