



Facts About

Enriched Flour and Bread

Circular 442

1. What is enriched flour and bread?

"Enriched" flour and bread are the usual white flour and bread with added amounts of three B-vitamins—thiamin (B_1), riboflavin (B_2), niacin—and iron.

2. Why is it important to have our flour and bread enriched?

Surveys show that many American diets are often low in thiamin (B_1), riboflavin (B_2), niacin and iron. Adequate amounts of these nutrients are essential for health. The enrichment of flour and bread does not necessarily make every diet adequate in thiamin, riboflavin, niacin and iron, but it will improve the diets containing less than satisfactory amounts of these nutrients.

3. What does thiamin (B_1), do for us?

Vitamin B_1 is the courage builder. It is necessary for growth and general good health. It feeds our nerves and helps our digestion.

4. What happens to us if we don't have thiamin (B_1) in the diet?

Some of the symptoms which may be observed are loss of appetite, fatigue, constipation, headaches, lack of interest in daily tasks, accompanied by discouragement, depression, instability, and irritability.

5. What is niacin? What does it do for us?

Niacin is a food for our skin and our nerves. It is the pellagra preventive vitamin.

6. Why do we need more iron?

Iron feeds the blood and helps prevent anemia. Most of the food we eat is low in iron.

7. Why were flour and bread selected for enrichment?

Flour and bread are basic foods and are used in larger quantities than any other single food. As income decreases the use of flour and bread increases, therefore, enrichment is especially important to low income families. It is the easiest way to provide important nutrients without changing food habits.

8. Does the enrichment program have anything to do with production and use of whole wheat flour and bread?

No. Many people do not like and do not use whole wheat flour and bread. According to the National Research Council more than 97% of the flour milled is white flour and less than 3% is whole wheat flour.

9. Is the enrichment of flour and bread expensive?

No. It is one of the most inexpensive ways of obtaining these nutrients. It costs about 6 cents to enrich one hundred pounds of flour, or 1 cent for 20 loaves of bread.

10. Does enrichment mean leaving milk solids out of bread?

No. Nutritionally and commercially, enrichment does not compete with dry- non-fat milk solids. They complement and supplement each other. Enrichment adds thiamin, niacin, riboflavin and iron. Milk adds calcium, riboflavin, and protein, and increases the bread yield.

11. If you use enriched flour in recipes that call for plain white flour, do you have to change your recipes in any way?

No. Enrichment does not change the color, baking quality, texture or taste of the flour.

12. Do you use enriched flour and bread?

Cooperative work in Agriculture and Home Economics, Extension Service, Oklahoma A. & M., and U. S. Department of Agriculture cooperating.
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