



Life Habit Week 5

Replace all white flours/grains (processed flours) with whole grains.

**AVOID “Unbleached”
“bleached” and “enriched”
flour = white flour with added
wheat, etc. These are not
whole grains!**

Why eat this way?

Processed flour/grains will sabotage your efforts to burn fat and contain much less nutrition than whole grains. Whole grains are filling, contain nutrients and are higher in fiber.

**White flour + eggs + sugar = fatty thighs, hips,
and stomach**

Make it Happen:

1. Start by throwing out all processed flour products (muffins, crackers, bread, white pasta, chips, tortillas, white rice).
2. Choose **WHOLE GRAINS**, preferably those foods made from brown rice and whole oats.
3. Corn products made without additional processed flours are okay (ie. Corn tortillas).
4. Read Labels!
5. Skip any bread and croutons served at a restaurant...even if it is “brown,” this doesn’t mean it is whole wheat. Molasses is used to create color. Wheat sprinkled into white flour isn’t a whole grain.
6. Remember, starches are **FUEL**, and aren’t the only carbohydrate source. Fruit is a great option for your carbohydrate sources.
7. If you want to find out if you are sensitive to wheat and other sources of gluten, choose only rice and oats (and “gluten free” products) and re-introduce wheat gluten after 4 to 6 weeks. Watch for the return of symptoms.

PRODUCT DETAIL



WHEAT THINS CRACKERS HARVEST FIVE-GRAIN



Ingredients: ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN OIL, RICE, OATMEAL, DEGERMED YELLOW CORN MEAL, WHOLE WHEAT, WHOLE WHEAT FLOUR, BARLEY FLAKES, OAT BRAN, HIGH FRUCTOSE CORN SYRUP, SALT, LEAVENING (BAKING SODA, YEAST), CRACKED WHEAT, MODIFIED CORNSTARCH, MONOGLYCERIDES (EMULSIFIER), ONION POWDER, CALCIUM PHOSPHATE, MALT SYRUP, SOY LECITHIN (EMULSIFIER), CORNSTARCH, MALTED BARLEY FLOUR, CITRIC ACID (FOR TARTNESS).

Nutrition Facts

Serving Size 31g

Servings per Container about 7

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 0.5g 3 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 240mg 10 %

Total Carbohydrate 23g 8 %

Dietary Fiber 1g 4 %

Sugars 4g

Protein 3g

Vitamin A 0 % Calcium 2 %

Vitamin C 0 % Iron 6 %

RED FLAGS: enriched unbleached and bleached flour, high fructose corn syrup



RED FLAGS: enriched flour, partially hydrogenated oils

Ingredients

"Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Cracked Wheat, Partially Hydrogenated Canola And/Or Soybean Oils, Salt, Baking Soda, Whey (From Milk), Malted Barley Flour, Yeast."

Beware of false advertising! Just because it looks healthy doesn't mean it is.