

## Mayo Clinic Minute

### Sifting through flour options

	AUDIO
Anya Guy	"Flour is the sifted meal from grains, nuts, seeds and legumes. That's why there can be a lot of variety of flour in the grocery store."
<b>Graphic:</b> <b>100 % whole wheat</b>	Dietitian Anya Guy says one healthy pick is flour that's labeled 100 percent whole wheat. That means you're getting three parts of the grain – the endosperm, the bran and the germ.
<b>Title:</b> <b>Anya Guy</b> <b>Dietitian</b> <b>Mayo Clinic</b>	"Whole-wheat flour would be better for your health because it is encompassing the whole grain, which is fiber."
<b>Graphic:</b> <b>Gluten-free flours:</b> <b>Almond</b> <b>Chickpea</b> <b>Coconut</b> <b>Soy</b>	With more people searching for gluten-free options, nonwheat flours like almond, chickpea, coconut and soy are gaining popularity. Guy says these flours offer different elasticity and textures.
Anya Guy	"If you're just starting out experimenting with different flours, try doing a bread or a muffin with a nonwheat type of flour, and see how it turns out."
	She says trial and error will help you zero in on your favorite taste and texture.
Anya Guy	"Choose a flour that you've never baked with before, and look up a recipe to try something new."
	And Guy says, no matter which you pick, to keep your flour fresher longer, store it in the fridge in an airtight container.
	For the Mayo Clinic News Network, I'm Jeff Olsen.