



WHOLE ORGANIC GRAINS FOR EVERYONE

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Aiming to enhance the desirability and availability of 100% whole grain breads, and other 100% whole grain products, from organically and sustainably grown grains, and thereby connecting farmers and bakers.

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To whom it may concern,

I am horrified – this is an open letter to all who make, sell, purchase and use UN-ENRICHED refined and sifted flours, including ORGANIC and UNBLEACHED.

The preferred alternative to any refined grain product is the whole grain version. The deficiencies in refined flour and polished grains have long been known and a partial solution to correct those deficiencies is to enrich the refined flour with some of the missing vitamins and minerals.

The minerals iron, and optionally calcium, and the B-vitamins niacin, thiamine, riboflavin and folic acid,

are added to refined flour because they are normally present in the bran and germ of whole grains, and are removed during the refinement process. These nutrients have been shown to outright prevent, or to reduce the incidence of the following diseases and conditions:

Anemia, osteoporosis, high blood pressure, pellagra, beriberi, obesity, diabetes, Alzheimer's disease, autism and neural tube birth defects.

Despite this clear and well proven connection, and against the government mandate first put forth in the early 1940s, a group of millers and bakers have chosen to provide the public with un-enriched refined flour in large amounts under the guise of being healthful, when in fact such flour used as the base of the diet will make people very sick with the diseases and conditions listed above.

Please in the interests of public health, cease and desist from producing un-enriched flour, cease and desist from baking with it and cease and desist from purchasing products made with this product. If you cannot yet manage to produce whole grain products the least that you can do is to enrich your refined or sifted flour.

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