

## GLNC PRODUCT AUDIT HIGHLIGHTS

### FLOUR - MARCH 2020

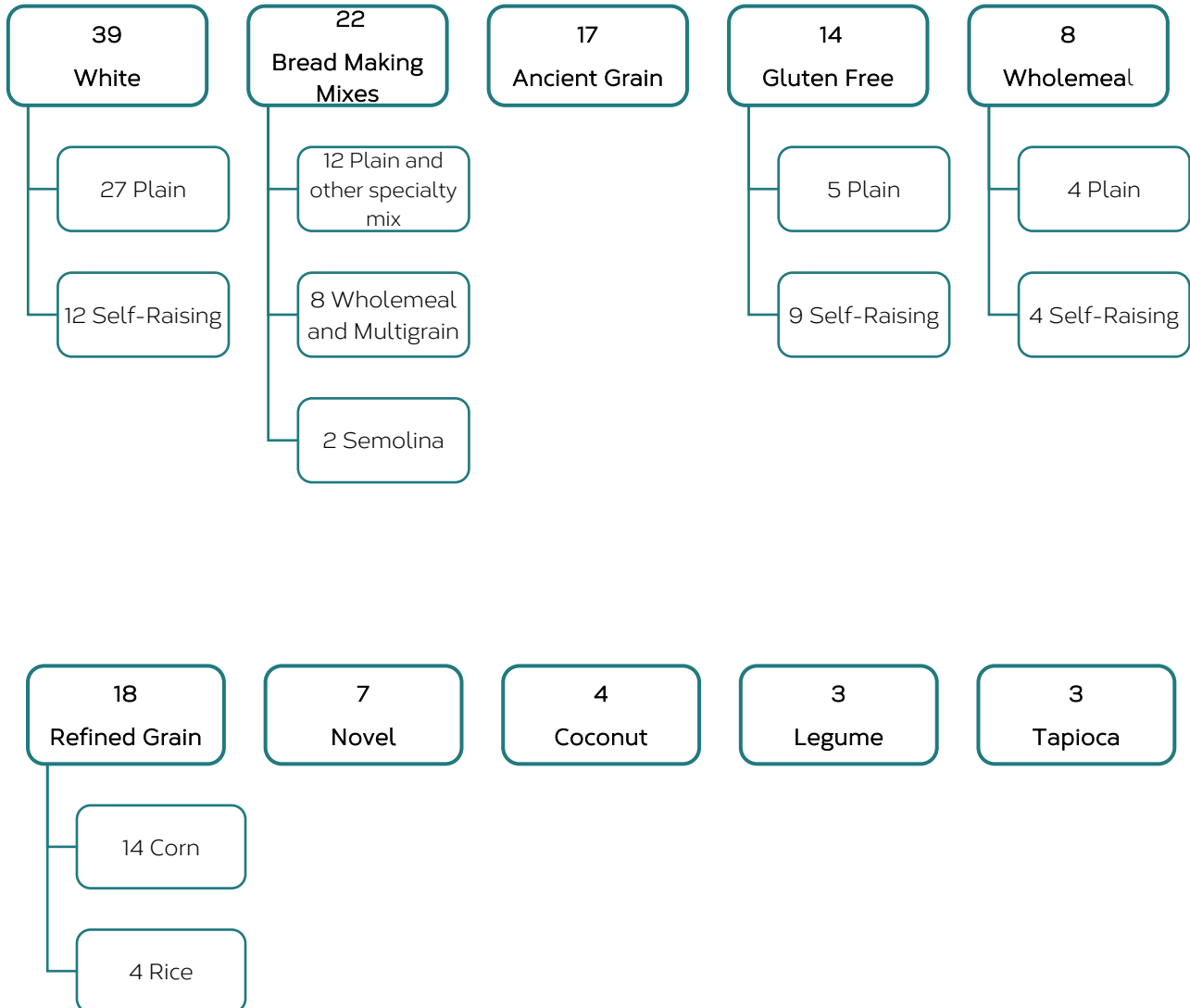
The baking aisle is ever-expanding with a range of new innovative flour products that encourage creative baking and suit a variety of dietary needs. In March 2020, GLNC audited 135 flour products from the four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit, including nutritional comparisons per 100g.



### TOP TIPS

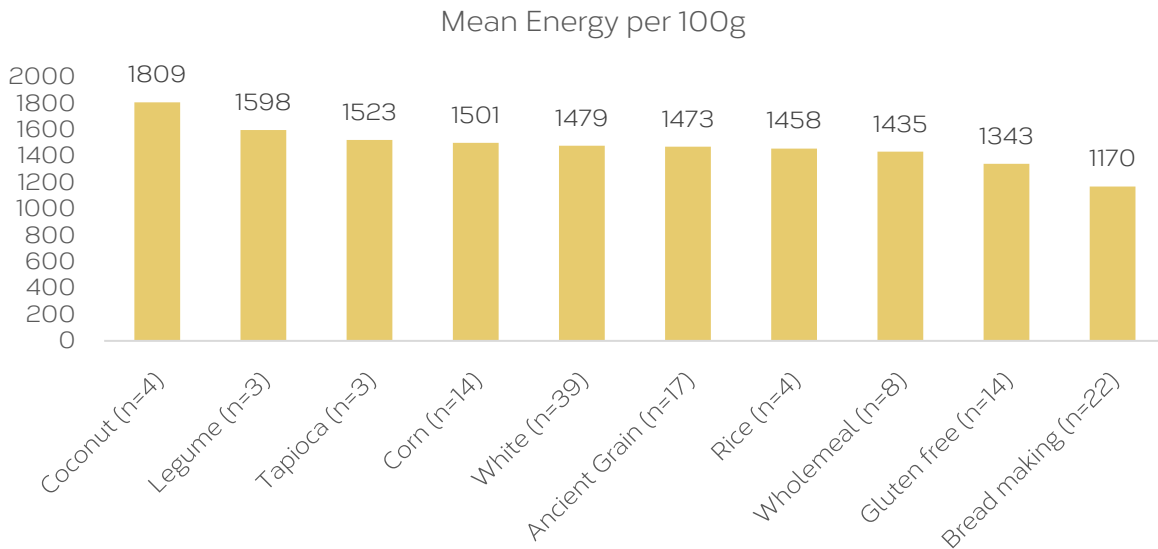
- **Choose wholemeal/whole grain flour:** Whole grain flours are higher in protein and dietary fibre, and lower in saturated fat, sugar, and sodium than non-whole grain flours.
- **Experiment with the many new varieties of flour on shelf:** Less conventional “super” flours can bring something unique and adventurous to baked goods as well as providing a boost of nutrition including dietary fibre and protein, such as quinoa, spelt or legume flours.

## Category overview



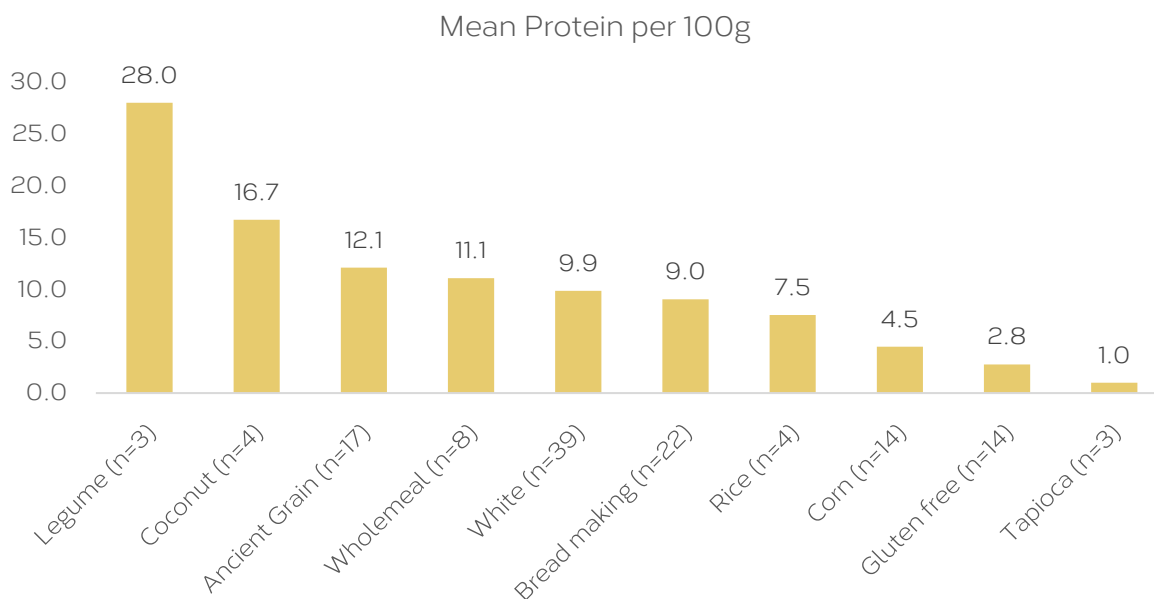
## Energy (kilojoules):

- Mean energy per 100g was fairly consistent across categories, though coconut flour was the highest (1809kJ/100g), and bread making mixes were the lowest (1170kJ/100g).



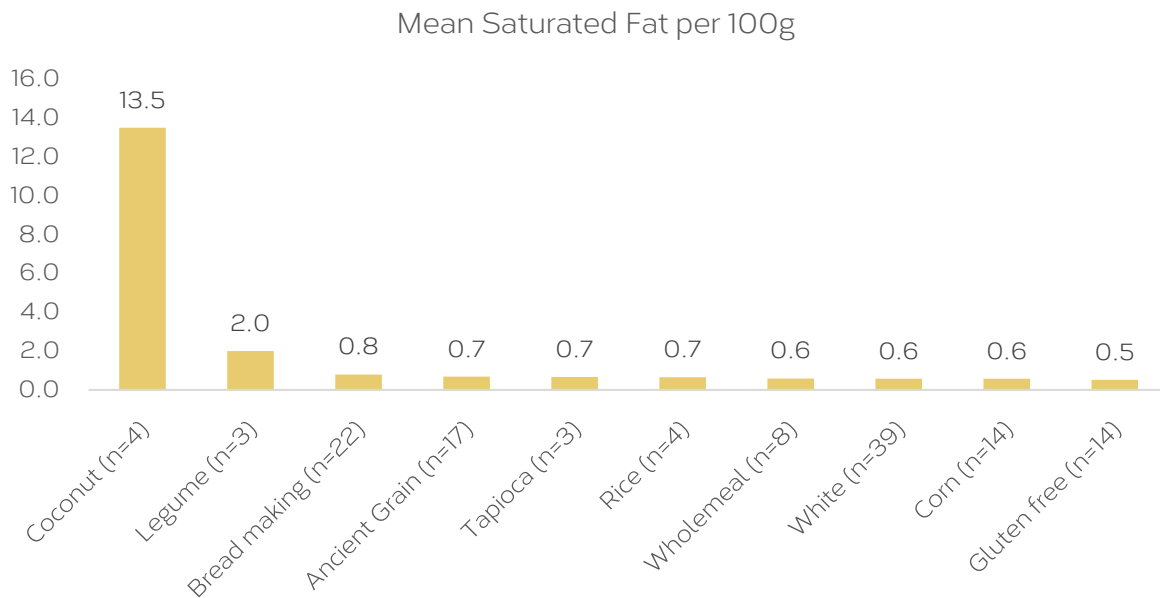
## Protein

- Almost two-thirds (64%) of products overall were considered a 'source of protein,' ( $\geq 5$ g per serve).
- On average, legume flour was the highest in protein (28g/100g) and tapioca flour was the lowest (1.0g/100g).



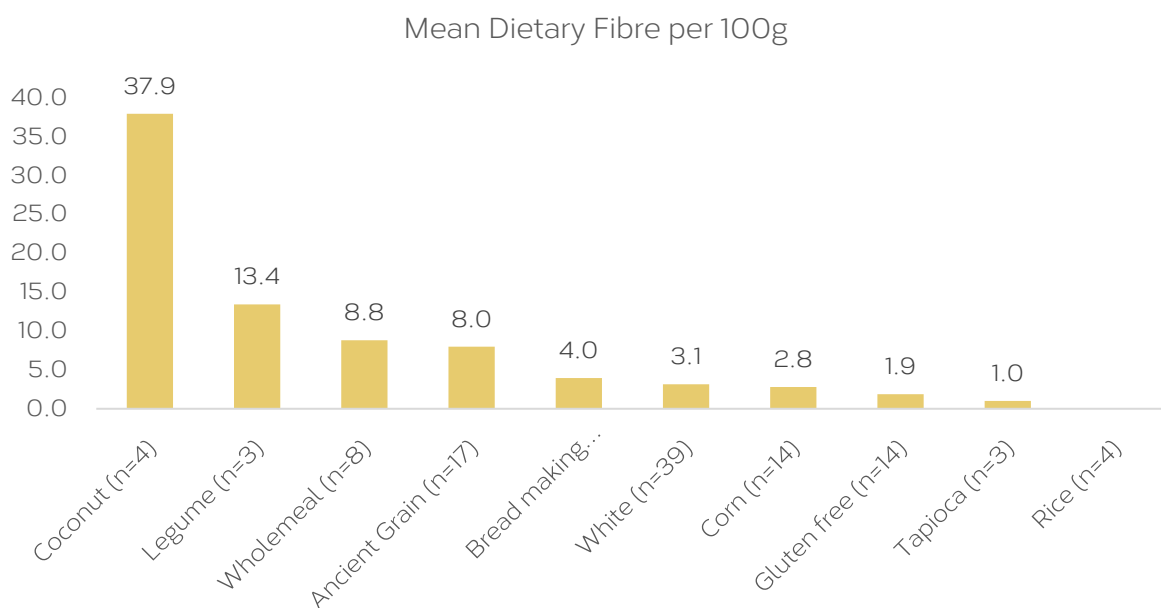
### Saturated fat:

- Ninety two percent of flour products overall were low in saturated fat ( $\leq 1.5\text{g}/100\text{g}$ )
- Unsurprisingly, coconut flour was the highest in saturated fat on average ( $13.5\text{g}/100\text{g}$ ).



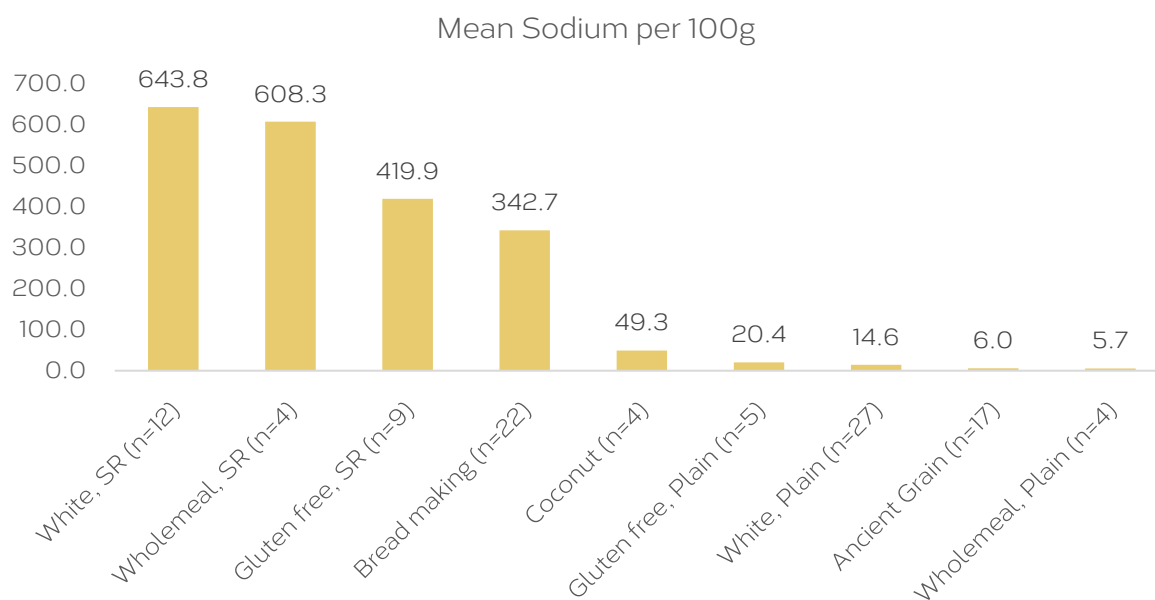
### Dietary fibre:

- Coconut and legume flours had the highest dietary fibre content ( $37.9\text{g}/100\text{g}$  and  $13.4\text{g}/100\text{g}$ , respectively), while rice and tapioca flour were the lowest, with 0, and  $1.0\text{g}/100\text{g}$  respectively. Wholemeal wheat flour contained up to 2.8 times more dietary fibre compared to white wheat flour.



## Sodium:

- Self-raising flours contained 38 times more sodium compared to plain varieties on average.



## Novel Flours

- *Cricket Powder* is the highest in protein (65.5g/100g), while *Sweet Potato Powder* was the lowest (3.7g/100g)
- *Tiger Nut Flour* is the highest in total fat and saturated fat (26g/100g and 6.0g/100g respectively).
- *Broccoli Powder* is the highest in dietary fibre (44.8g/100g).

Nutrients per 100g	<i>Cauliflower Flour</i>	<i>Green Banana Flour</i>	<i>Tiger Nut Flour</i>	<i>Sweet Potato Powder</i>	<i>Broccoli Powder</i>	<i>Cricket Powder</i>	<i>Hemp Powder</i>
Energy (kJ)	1480	1470	1890	1200	1030	1760	1700
Protein (g)	7.2	4.0	4.0	3.7	17.8	<b>65.6</b>	41.6
Total Fat (g)	1.9	1.0	<b>26.0</b>	2.1	3.3	16.0	20.0
Saturated Fat (g)	1.0	1.0	<b>6.0</b>	1.3	1.0	5.0	1.9
Carbohydrate (g)	72.2	77.1	43.5	51.7	14.4	<b>1.0</b>	5.5
Sugar (g)	15.8	2.5	15.0	<b>19.0</b>	13.6	1.0	3.5
Dietary Fibre (g)	7.0	7.8	15.5	22.5	<b>44.8</b>	6.0	20.1
Sodium (mg)	310	5	40	20	364	435	5

## Whole grain (WG):

- Overall, 12.8% (n=25) of flour products were whole grain, containing at least 8g per serve including wholemeal wheat, wholemeal spelt, wholemeal rye, buckwheat, quinoa and millet flour.
- Whole grain options were lower in energy, total and saturated fat, sugars, and sodium, and higher in protein and dietary fibre than refined grain flours.

Nutrients per 100g	Whole Grain* (n=25)	Refined Grain (n=110)
Energy (kJ)	<b>1393</b>	1436
Protein (g)	<b>11.5</b>	9.3
Total Fat (g)	<b>2.8</b>	3.1
Saturated Fat (g)	<b>0.7</b>	1.2
Carbohydrate (g)	<b>61.4</b>	65.7
Sugar (g)	<b>2.3</b>	2.7
Dietary Fibre (g)	<b>8.4</b>	6.0
Sodium (mg)	<b>146.1</b>	182.0

\* based on eligibility for registration with GLNCs Code of Practice ( $\geq 8$ g WG per serve).