

White Flour vs Whole Wheat Flour

Making a choice

Allah says in the Quran (Al-Baqarah -61):

قَالَ أَتَسْتَبَدُّونَ الَّذِي هُوَ أَدْنَىٰ بِالَّذِي هُوَ خَيْرٌ

[Moses] said, "Would you exchange what is better for what is less?"

By choosing White Flour over the healthier option of whole grain we surely are being ungrateful towards Allah's blessings. We can make ourselves turn to whole grains and enjoy the natural flavors that our creator has kept in these for us. Let us see Prophet SAW's Sunnah and Scientific facts that prove this point.

Prophet Mohammad's Sunnah (SAW)

Two of the greatest cures Allah has given us for heart disease are foods that the Prophet (SAW) ate: whole wheat and barley. Both provide multiple benefits in the fight against heart disease as they both lower cholesterol, increase proper elimination of wastes by the body, facilitate proper blood clotting, and improve general circulation and cellular health.

When Sahl bin Sad was asked, "Did Allah's Apostle ever eat white flour?" he replied, "Allah's Apostle never saw white flour [from the time] Allah sent him as an Apostle till He took him unto Him." [1]

حَدَّثَنَا سَعِيدُ بْنُ أَبِي مَرْيَمَ حَدَّثَنَا أَبُو غَسَّانَ قَالَ حَدَّثَنِي أَبُو حَازِمٍ أَنَّهُ سَأَلَ سَهْلًا هَلْ رَأَيْتُمْ فِي زَمَانِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ النَّقِيَّ قَالَ لَا فَقُلْتُ فَهَلْ كُنْتُمْ تَنْخُلُونَ الشَّعِيرَ قَالَ لَا وَلَكِنْ كُنَّا نَنْفُخُهُ

(صحيح البخاري , كتاب الأَطْعَمَةِ, باب)

Narrated Abu Hazim: that he asked Sahl, "Did you use white flour during the lifetime of the Prophet ?" Sahl replied, "No. Hazim asked, "Did you use to sift barley flour?" He said, "No, but we used to blow off the husk (of the barley)."

History of White Flour

It was not until around the time of Louis XIV of France that the mills that ground wheat into flour became sophisticated enough and folks determined enough to produce white flour or white refined flour.

Until that time everyone ate whole wheat or other whole grain products. Some enterprising budding food scientist managed to refine whole wheat into white refined wheat from which all those light and fluffy pastries the French are historically famous for could be baked.

The consumption of white refined flour increased astronomically since that time as did the incidence of Heart Disease, Diabetes and Cancer which were almost unheard of at the time.

The peasants could not afford refined white flour...it cost, relatively speaking a "kings ransom" to buy compared the crudely refined whole wheat or other whole grain flours. And



surprisingly there was no increase of Heart Disease, Diabetes or Cancers among them. They remained as healthy as ever and the Doctors of that time were completely baffled.[2]

What is Wheat and Wheat Grain?

Structure of wheat grain

After, the husk is removed, the wheat grain is revealed. It has three layers. The outermost layer (the skin of the grain) is called 'Bran' and represents about 15% of the grain, followed by 'Endosperm' representing 82.5% and then the inner most called 'Germ' representing 2.5%. Technically, The bran consists of two layers, but we will just call it bran.

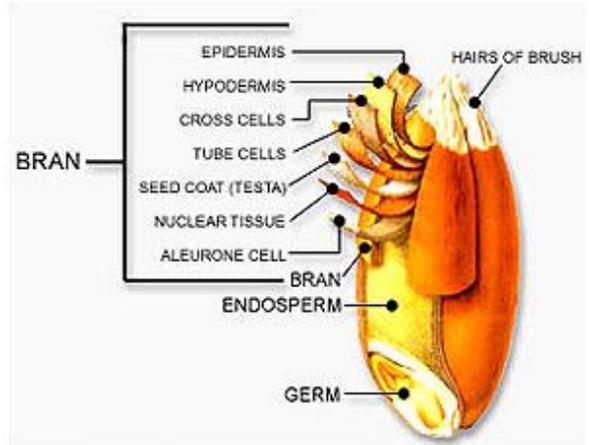
Bran is basically fiber, endosperm is starch, and germ is the protein[2]

Wholemeal flour Whole-Grain Whole-wheat

Wholemeal is also called Whole-grain or Whole-wheat. This represents an extraction of 94% to 98% of the wheat grain. Minimum amount (2% to 6%) is sifted away as bran.[3]

White flour

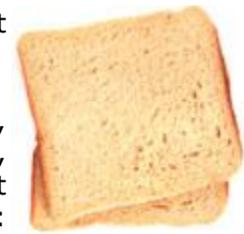
75% of the wheat grain is extracted. Most of the bran and the germ are sifted away leaving mostly the endosperm. This results in a loss of 22 vitamins/minerals, and dietary fiber.[3]



White bread is "dead" bread.

Why is the color of white bread so white when the flour taken from wheat is not?

It's because the flour used to make white bread is chemically bleached, just like you bleach your clothes. So when you are eating white bread, you are also eating residual chemical bleach. Flour mills use different chemical bleaches, all of which are pretty bad. Here are a few of them: oxide of nitrogen, chlorine, chloride, nitrosyl and benzoyl peroxide mixed with various chemical salts. [4]



White Flour Causing Diabetes

White flour is nutritionally useless, and breaks down in the body as a sugar. The body cannot tell the difference between eating a spoonful of sugar or a slice of white bread; the pancreas reacts by secreting insulin—at fat-storing hormone stimulating the appetite and slowing the metabolism. With the Western diet so full of processed foods the pancreas works overtime to balance the sugars consumed and eventually shuts down, causing low blood sugar, diabetes, and a handful of other problems.[5]

One bleaching agent, chloride oxide, combined with whatever proteins are still left in the flour, produces alloxan. Alloxan is a poison and has been used to produce diabetes in laboratory animals. Chlorine oxide destroys the vital wheat germ oil. It will also shorten the flour's shelf life and nurture insects. [4]

White Flour causing Heart Problems

White Flour is also an agent leading to Heart Problems of various kinds. Heart specialist advise to stop using white flour as well as other harmful elements as the first line of defense. White Flour increases the cholesterol level in our body and causes hardening of arteries the can lead to a fatal heart attack.

Reference Links

- [1] <http://tabassum-shifa.blogspot.com/2007/05/grains-of-prophet.html>
- [2] <http://www.holistic-medicine-works.com/white-flour.html>
- [3] <http://www.indiacurry.com/bread/br001aboutwheat.htm>
- [4] http://www.womenfitness.net/ugly_truths.htm
- [5] [White Flour vs Whole Wheat Flour: White vs Wheat, Bleached vs Unbleached Differences http://www.suite101.com/content/white-flour-vs-whole-wheat-flour-a203963#ixzz183wtXEOl](http://www.suite101.com/content/white-flour-vs-whole-wheat-flour-a203963#ixzz183wtXEOl)