How Whole Grains Can Transform Your Health
“LET FOOD BE THY MEDICINE & MEDICINE BE THY FOOD.”

—Hippocrates
You’ve heard eating whole grains improves health. But before you dive right in – make sure you understand what “whole grain” actually means. The Whole Grains Council requires qualifying foods to contain 100% of the original kernel (including the bran, germ, and endosperm).

AND THAT IS JUST THE BEGINNING.

“Whole grain products have comparable antioxidants per gram to fruits and vegetables.”

- Joe Vinson, Ph.D.

DID YOU KNOW WHOLE GRAINS

- Help prevent cancers, diabetes, heart disease, & stroke
- Boost metabolism, satisfy hunger, & prevent cravings
- Regulate blood sugar & sustain energy longer
- Improve digestion & aid in the elimination process
- Contain abundant antioxidants
- Have an extremely long shelf life

TO LEARN MORE VISIT:
www.BoschKitchenCenters.com
Common flour processing extracts the bran, middlings, wheat germ, and wheat germ oil. Those key components contain 80-90% of the useful vitamins and minerals found in whole grains. In its natural form, a kernel of whole grain is the “staff of life.”

**THE CULPRIT?**

Whole Grains have been robbed of the basic building blocks of nutrition. You are left with processed white flour, which is found on most store shelves. This processed flour is “dead,” and can actually be detrimental to your health.

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease.”

- Thomas A Edison

**DID YOU KNOW**

Many health issues can be improved by optimizing your use of natural whole grains in your diet.
Whole Grain Bran Middlings Germ Germ Oil White Flour

Over 30 known nutrients
Protective shell locks in nutrients

Insoluble fiber aids regularity
High in trace minerals
Satisfies hunger quickly

Balances blood sugar
Helps maintain energy levels

Nutrient-rich for intestinal health
Detoxifies blood
Cardiovascular health booster

Highest vitamin E content of any (non-fortified) food
Harmful pesticides, fungicides, bleaching & maturing agents and synthetic vitamins added.

BEFORE

REMOVED DURING PROCESSING

AFTER
L. CYSTEINE
(DOUGH CONDITIONER)
Amino acid derived from human hair, hog hair, or duck feathers.

MONO-AND DIGLYCERIDES
(EMULSIFIERS)
Common chemical additive to help prevent bread from becoming stale.

POTASSIUM BROMATE
(MATURING AGENT – BANNED IN EUROPE, AUSTRALIA, CHINA, BRAZIL, AND CANADA)
Don’t be fooled because the FDA labels it as a safe additive.

AMMONIUM SULFATE
(RISING AGENT)
Dangerous compound most often used as a fertilizer, and also common in flame-retardants.

SODIUM STEAROYL LACTATE
(TEXTURE ENHANCER)
May exacerbate digestive problems in those with lactose intolerance.

CALCIUM PROPIONATE
(PRESERVATIVE)
Known to create allergic reactions, sleep problems, and restlessness in children.
WHAT ARE YOU FEEDING YOUR FAMILY?

Are you willing to sacrifice your family’s health for longer shelf life? Experts report: “Milling whole wheat into white flour may cause as much as a 300-fold decrease in phytonutrient content.” (Jonathan Grindell - NutritionFacts.org)

Your family deserves the best! Provide them with nature’s own vitamins and nutrients. Don’t settle for processed grain products or pre-packaged breads and flour.

STORE-BOUGHT BREADS & FLOURS OFTEN

• Contain dangerous additives
• Are enhanced chemically
• Lack optimum nutrition
• Use inferior ingredients
• Use misleading packaging
The fresher the flour, the fresher the food.

NutriMill grinders and seed mills give you flexibility to create raw, natural, pure flour on demand.

- Whole Grains
- Gluten-Free Grains
- Beans & Peas
**TAKE CONTROL OF**

**YOUR FOOD**

Endless Possibilities...

### Gluten-Free Grains
- Dried Sweet Corn
- Oat Groats
- White Rice
- Brown Rice
- Teff
- Sorghum
- Millet
- Buckwheat
- Quinoa
- Amaranth
- Kaniwa

### Gluten-Free Beans & Peas
- Lentils
- Chickpeas / Garbanzo Beans
- Baby Lima Beans
- Anasazi Beans
- Mung Beans
- Black Beans
- Navy Beans
- Split Peas
- Pinto Beans
- Soybeans

### Whole Grains
- Kamut
- Spelt
- Barley
- Farro
- Rye
- Soft Wheat
- Hard Wheat
- Triticale
- Emmer
- Einkorn

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**Garbanzo Beans**  **Red Soybeans**  **Black Foxtail Millet**  **Red Amaranth**  **Rolled Barley**  **Quinoa**  **Wheat**  **Corn**
NUTRIMILL GRINDERS PROVIDE YOUR FAMILY

- SECURITY Gain peace of mind, with the long-term warranty
- CONFIDENCE Handle tough jobs with industry’s strongest milling heads
- SAVINGS Manage your budget with fewer trips to the grocery store
- CHOICES Go gluten-free or add on innovative attachments
- EFFICIENT Mill large quantities of grains and legumes on demand
- FLEXIBILITY Texture control and single switch shut-off features
- NUTRITION Incorporate fresh, flavorful vitamins in every meal

“I honestly never knew how easy it was to grind your own grains, or how good food tastes when made with freshly milled flour.” — Lisa Leake - 100daysofrealfood.com
CLASSIC

Quick Milling
20 Cups in 5 min

Multi-Channel
Airflow

Cup Capacity

10 AMPS

HARVEST

Simplock™
Hopper Removal

Eco-Friendly
Bamboo

Easy-Adjust™
Texture Knob

Available in
Various Colors

NutriMill®

20 Cups in 5 min

10 AMPS

Quick Milling

Multi-Channel
Airflow

Cup Capacity

Available in
Various Colors
### Chocolate Chip Cookies

**Homemade:**
- Butter
- Sugar
- Brown sugar
- Eggs
- Vanilla
- Salt
- Baking powder
- Fresh spelt flour
- Chocolate chips

**Store-bought includes:**
- Thiamine mononitrate
- Anhydrous dextrose
- Partially hydrogenated soybean
- Ammonium bicarbonate
- Cottonseed oils
- Artificial flavors
- Reduced iron
- Corn starch
- Folic acid
- Dextrose
- Glycerin

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### Chickpea Hummus

**Homemade:**
- Chickpea flour
- Garlic cloves
- Lemons
- Water
- Tahini

**Store-bought includes:**
- Higholeic sunflower oil
- Potassium sorbate
- Sodium benzoate
- Phosphoric acid
- High fructose corn syrup
- Soybean oil
- Citric acid
- Guar gum

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### Waffles

**Homemade:**
- Whole wheat flour
- Baking powder
- Vegetable oil
- Eggs
- Milk
- Salt

**Store-bought includes:**
- Bleached flour
- Thiamin mononitrate
- Sodium bicarbonate
- Monocalcium phosphate
- Sodium stearoyl lactate
- Sodium aluminum phosphate
- Dextrose

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### Simple Recipes

See for yourself how easily you can transform your family's diet.

# A Great Investment
With an Immediate Return

Make your groceries or buy your groceries.

<table>
<thead>
<tr>
<th>Item</th>
<th>Our Way</th>
<th>Grocery Chain</th>
<th>Specialty Store</th>
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<tr>
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<td>$4.99</td>
<td>$5.69</td>
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<tr>
<td>Burger Buns</td>
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<tr>
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<tr>
<td>Bread sticks</td>
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<tr>
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<tr>
<td>Dinner Rolls</td>
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<td><strong>Price per week</strong></td>
<td>$5.59/wk</td>
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*Save up to $223.48/mo.*
A MILL FOR EVERY MEAL

Breakfast
Lunch
Dinner
Dessert
Workout or Snack

Our Recipe Booklets
FOR BREADS, COOKIES AND CAKES
BOSCH® MAKES IT EASIER...

BOSCH® MIXERS OFFER

• QUALITY 3-year motor & transmission warranty
• SPEED 4 speeds plus momentary pulse operation
• PERFORMANCE Triple-whipping action with dual-rotating heads

VARIETY
Dozens of accessories for every kitchen task

SEE THEM WORK
Watch the NutriMill® and BOSCH® Mixer in action.

www.BoschKitchenCenters.com

INVENTED FOR LIFE
We build QUALITY, because cheap products are expensive. They cost money to repair and money to replace.