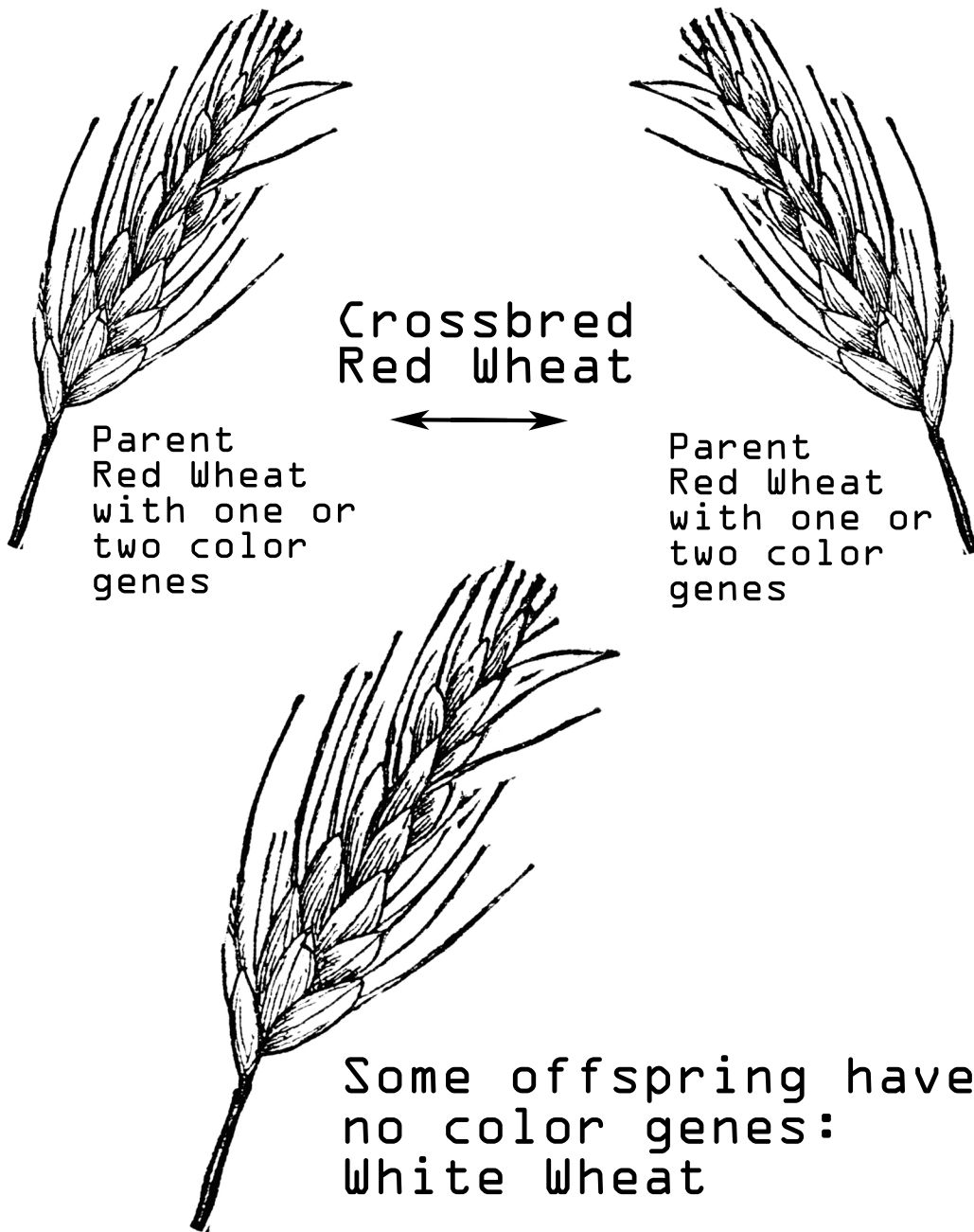


Modifying Wheat: White Wheat Flour

by Juli Ruff

Why humans modified it:

Everyone knows white flour tastes better. It's bread is lighter, fluffier, and yummiier than whole wheat bread. It is also nutritionally lacking. White Wheat is a wheat that, when ground whole, looks more like white flour. It was developed in a Kansas Research Lab in the 1970's and 1980's, to let people indulge their taste buds, while still eating healthily. White wheat was created by cross-breeding strains of red wheat.



Modified Wheat's Link to Survival:

Heart disease, stroke, cancer and diabetes are the top killers in high income countries like the US. Avoiding these has become how we "survive". By the 1970s, when white wheat was developed for the US, it was well known that whole wheat flour is healthier. Studies show whole wheat reduces risk of stroke by 30-36%, type 2 diabetes by 21-30% and heart disease by 25-28%. Though we may want to eat twinkies and WonderBread, when we go to the doctor, we are reminded that if we want to live to see our grandkids, we need to eat our whole grains.