



FLOUR COMPARISON CHART							
My Rating	Type of Flour	Net Carbs g	Carbs g	Fiber g	Protein g	Calories	
Excellent	1	Flax meal (Brown or Golden)	0	8	8	6	120
		Hazelnut Flour or Meal	2	5	3	4	180
		Almond Flour or Meal	3	6	3	6	160
		Soy Flour	5	8	3	10	120
		Coconut Flour	6	16	10	4	120
	2	Fava Bean Flour	11	19	8	9	110
	Garbanzo Bean (Chickpea) Flour	13	18	5	6	110	
Occasional Use	3	Quinoa Flour	16	18	2	4	110
		Amaranth Flour	17	20	3	4	110
		Buckwheat Flour	17	21	4	4	100
		Teff Flour	18	22	4	4	113
	4	Corn Meal- Medium Grind	18	23	5	2	110
		Corn Flour	18	22	4	2	110
		<b>Whole Wheat Flour</b>	<b>19</b>	<b>23</b>	<b>4</b>	<b>4</b>	<b>110</b>
		Masa Harina (Corn)	19	21	2	3	100
		<b>Light Rye</b>	<b>20</b>	<b>21</b>	<b>1</b>	<b>2</b>	<b>100</b>
	Use Rarely or Small Amount	5	Oat Flour	22	26	4	7
		Sorghum Flour	22	25	3	4	120
		<b>Unbleached White Flour</b>	<b>24</b>	<b>25</b>	<b>1</b>	<b>4</b>	<b>124</b>
		Potato Flour	25	27	2	3	120
6		Tapioca Flour (or Starch)	26	26	0	0	100
		<b>Unbleached White Pastry Flour</b>	<b>27</b>	<b>27</b>	<b>0</b>	<b>3</b>	<b>123</b>
		Arrowroot	27	28	1	0	110
		Corn Starch	28	28	0	0	120
		Brown Rice Flour	29	31	2	3	140
		White Rice Flour	31	32	1	2	150
7	Sweet White Rice Flour	39	40	1	3	180	
	Potato Starch	40	40	0	0	160	



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The figures above are based on a serving size of 1/4 cup (4 Tb).

**Are you running out of room for your gluten free flours?**

**Confused about which are healthiest?**

**This is an article that I have been intending to write for quite some time to help gluten free cooks and bakers make smart choices when it comes to navigating the wide world of flours!** There is no question that there are more flours available now, commercially, than at any other time. People are not only interested in expanding home cooking and culinary adventures, but are savvier when it comes to nutrition and the benefits of food-based wellness. Many of us are learning how to cater to food intolerances in our home kitchens and taking responsibility for eating well. There are an almost [overwhelming variety of flours](#), starches and meals which can be combined or used alone to bake, thicken and coat. You may think that flour is flour and that some are merely gluten free or grain free, but the truth runs deeper than that.

There is some confusion about flours versus starches. In some cases (such as with tapioca flour/starch) they are one and the same, perhaps because tapioca is virtually all starch to begin with. In general though, the difference between starches and flours seems to be that flours are made from dried and ground grains (or tubers or nuts) and have the protein and fiber intact, whereas the starches have the fiber and protein removed, leaving nearly pure carbohydrates. Starches are excellent for smoothly thickening sauces and gravies, and are often ingredients in gluten free baking mixtures. **However, people who are aiming for a low-carb diet, either for weight loss or because they are diabetic will find that starches and certain flours quickly topple the daily allowances and spike blood sugars.**

Flours and meals are not created equally and flours are merely ground up versions of the food as a whole. **You will notice that the flours made from nuts and legumes are in the top of my chart, having the lowest net carbs and highest protein counts.** Starches and rice flours which are often used in gluten free baking are at the bottom of my chart because they have such high carb counts and very little protein.

**You can also see by the placement of traditional flours that even if you are not on a gluten free diet, wheat flours are far from the healthiest of choices!** For instance, even whole wheat flour (which seems to be the darling of the grain industry), has more than SIX times the net carbs of almond flour. Pastry flour which is found in many commercial baked goods has NINE times as much. All those carbs convert to sugar, which spikes insulin... repeated insulin spikes lead to insulin resistance, which in turn can lead to diabetes, visceral fat, inflammation and obesity.