



**NuFiber**<sup>®</sup>  
STABILIZED WHITE  
BRAN & GERM



## NuFiber<sup>®</sup>: Stabilized Bran and Germ Flour from White Wheat

Looking for the benefits of whole grain nutrition and fiber claims while maximizing shelf life? Look to NuFiber, the Nutritive Fiber from Ardent Mills.<sup>™</sup>

### What Makes NuFiber Different—and Better?

NuFiber is the all-natural, nutrient-dense bran and germ flour milled from white wheat. We start with white wheat specially selected to yield bran and germ that are lighter in color and milder in flavor than traditional whole wheat bran and germ. Then we grind the bran and germ to a fine particle size using our proprietary milling technology.

NuFiber is naturally stabilized, significantly reducing enzyme activity and yielding consistent quality and shelf life beyond what you get from standard bran and germ. This gives you greater flexibility in production and distribution, and makes NuFiber the ideal solution for maintaining quality over extended timelines.

NuFiber's fine particle size and light color eliminates visible bran specks in your products, making it possible to amp up the nutrition with less impact on the taste, texture or appearance.

### Healthier Advantages

NuFiber is nutrient and antioxidant rich, concentrating much of the fiber, protein, B vitamins, phosphorus, magnesium, manganese and phytonutrients from the wheat kernel. It can be used in more foods and at higher levels compared to coarse wheat bran and germ or unstabilized bran and germ flour. In fact, it is possible to use NuFiber to make foods with even more fiber and other nutrients than when the same foods are made with 100% whole wheat.

Adding NuFiber to your formulations makes it easier to qualify for fiber and other nutrient content claims, and can help address some of today's key health and wellness needs, including:

- Lower caloric density for weight management
- Higher fiber for digestive health and cancer risk reduction
- Soluble fiber for heart health



### Quick Facts About NuFiber

The benefits of NuFiber apply to a range of applications, from refrigerated and frozen doughs, pastas and dry mixes to nutritional products, snacks, bars and beverages. The right amount of NuFiber blended with compatible white flour delivers the same nutrients and proportions of bran, endosperm and germ as in traditionally milled whole wheat flour. NuFiber stands above other alternatives in many ways:

- ✓ Mild taste, smooth texture and light appearance for mainstream appeal
- ✓ Flexible way to add natural, plant-based fiber and whole grain nutrition to formulations
- ✓ Stabilized to maximize freshness and quality of finished foods
- ✓ Reduced bitterness in a range of whole wheat applications
- ✓ Lower enzyme activity, increased shelf life and increased product development flexibility compared to traditional coarse bran and germ
- ✓ High insoluble fiber content
- ✓ Higher water absorption compared to whole wheat and white flours
- ✓ Available in bag and bulk

## NuFiber: Nutritional Comparison to Traditional Whole Wheat Flour

Nutrients (per 100 g)	NuFiber	Traditional Whole Wheat
Calories (kcal)	365	340
Protein (g)	17.8	13.21
Carbohydrates (g)	66	71.97
Dietary Fiber (g)	39.7	10.7
Soluble Fiber (g)	3.7	1.4
Total Sugars (g)	2.4	0.41
Fat (g)	4.3	2.5
Saturated Fat (g)	0.82	0.43
Monounsaturated Fat (g)	0.81	0.28
Polyunsaturated Fat (g)	2.48	1.16
Trans Fat (g)	0	0
Cholesterol (mg)	0	0
Water (g)	6.5	10.74
Ash (g)	5.4	1.6

### Vitamins

Vitamin A - IU (IU)	0	9
Vitamin B1 - Thiamin (mg)	0.9	0.5
Vitamin B2 - Riboflavin (mg)	0.5	0.16
Vitamin B3 - Niacin (mg)	12.5	4.9
Vitamin B6 (mg)	.25	.41
Vitamin C (mg)	0	0
Vitamin E - Alpha-Toco (mg)	2.7	0.71
Folate (mcg)	71	44
Pantothenic Acid (mg)	2.46	0.6

### Minerals

Calcium (mg)	136	34
Copper (mg)	1.25	0.41
Iron (mg)	9.3	3.60
Magnesium (mg)	503	137
Manganese (mg)	13.78	4.06
Phosphorus (mg)	1143	357
Potassium (mg)	1266	363
Selenium (mcg)	31.25	61.3
Sodium (mg)	10	2
Zinc (mg)	10.2	2.60

Source: USDA National Nutrient Database for Standard Reference, Release 25 and Ardent Mills.



Denver, CO

For sales inquiries or to request a specification sheet, contact your Ardent Mills account manager, visit [ardentmills.com](http://ardentmills.com) or e-mail [info@ardentmills.com](mailto:info@ardentmills.com).

[ardentmills.com](http://ardentmills.com)

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## Fiber Comparison for Claims

Look to NuFiber to reach your desired fiber claims.

Whole Grain	FDA Heart Health <sup>1</sup>	Good Source Fiber	Excellent Source Fiber
Grams Grain Needed for Claim (minimum)			
Oats*	15	24.8	49.5
Wheat**	43	23.4	46.7
<b>NuFiber</b>	<b>20</b>	<b>7.2</b>	<b>14.3</b>

<sup>1</sup>0.6g soluble fiber from fruit, vegetables or grains (21 CFR 101.77)

\*Oats USDA 08120

\*\*Wheat USDA 20080 and J Agric Food Chem, 2001, 49.2437

## Ideal for a Range of Applications

- ✓ Refrigerated and frozen doughs
- ✓ Fresh and refrigerated noodles and pastas
- ✓ Cakes
- ✓ Dry mixes
- ✓ Extruded snacks
- ✓ Nutritional products, supplements, snacks, bars and beverages

