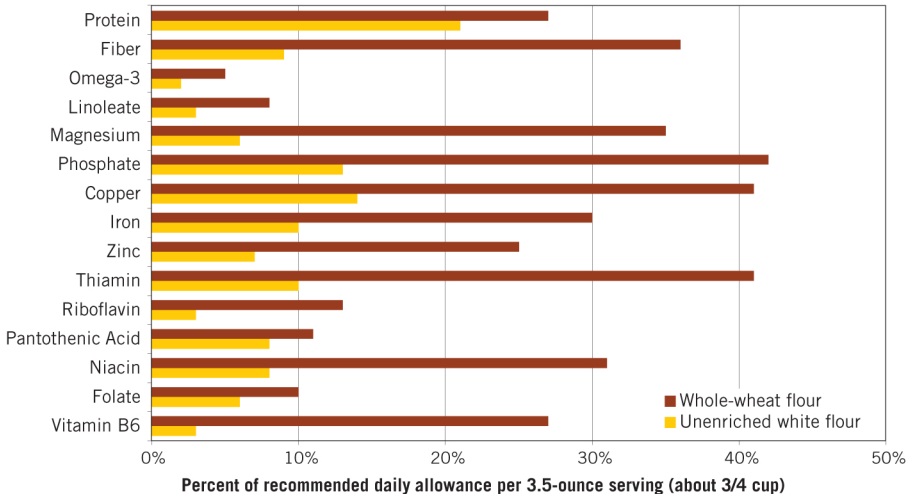


Whole-Wheat Flour vs. Unenriched White Flour



Whole-wheat flour: 340 calories White flour: 364 calories