



Fruited muffins such as these are especially nutritious when made with enriched flour containing thiamin, niacin and iron

Marjorie Beneke describes the role of enriched flour and bread in the present nutrition drive

THREE new "men behind the guns," the vitamins thiamin and niacin and the mineral iron, come to the bread front these days to do their part for a warring nation. These important nutrients as ingredients of enriched bread have been assigned to active duty on every home front.

Nutrition experts hope that the whole nation will be eating the enriched bread. The Federal Extension Service has requested that state extension services carry on all-out campaigns to have all white bread and flour enriched by October.

Iowa's extension service, in cooperation with the state nutrition committee, headed by Dr. P. Mabel Nelson, head of the Foods and Nutrition Department of Iowa State College, is participating in the enriched bread and flour campaign. About 90 percent of Iowa's 99 counties have nutrition committees which also cooperate with the state committee in this project as in others which are a part of the national drive.

While the 100 percent enrichment goal probably will not be reached in Iowa until later this fall, owing to retarded activity of the committees during the busy summer months, the trend in the use of enriched bread and flour is already most encouraging in Iowa. Results of a questionnaire sent to the county committees and to bakeries in Iowa and other states early last spring show that even at that time the drive for enriched bread and flour was progressing rapidly, with some mills producing only enriched flour. Practically all stores indicated they carried enriched bread, the percentages varying from 10 to 100. Now the trend has reached across the nation and many mills are producing only enriched white flour.

For a long time many people had a confused knowledge of enriched bread and considered it more or less of a fad. Both consumers and merchants needed to be taught that there really was something to the en-

Enriched Flour

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Strong Nation

riched bread and flour story. Now they have learned that enriched bread is just what the name implies, enriched or made better by the addition of special nutrients—thiamin, niacin and iron. These are the ingredients that all enriched flour must contain, according to government standards. The flour may, however, contain calcium, phosphorus, riboflavin and Vitamin D.

Vitamin B₁, sometimes popularly called the morale vitamin, is necessary for a healthy condition of the nervous system. When the diet lacks this substance, individuals tend to become irritable, depressed and lacking in pep. Niacin is the pellagra-preventing vitamin. Iron, the third enriching ingredient, helps to build good red blood and does its part to help keep every cell of the body healthy.

The move to enrich bread and flour started with the Foods and Nutrition Board of the National Research Council, whose members have known for some time that Americans were robbing themselves of needed vitamins and minerals which could be supplied by the right kind of foods.

Nutritionists hasten to point out that enriched bread and flour are not cure-alls. They don't provide all the vitamins the body needs. A varied diet of milk, eggs, butter, meat and fresh vegetables and fruits is as necessary as ever. But enriched flour and bread provide an inexpensive way to take important substances into the system, since enriching flour costs only about 20 cents extra per person per year.

Even though the enriched flour and bread do contain generous supplies of nutrients, there is no danger of getting too many in the diet. The problem is to find enough vitamins and minerals to fill our needs. Enriched flour contains enough thiamin, niacin and iron so that 10 ounces of enriched flour per day supplies about 100 percent of the thiamin and 37 percent of the niacin and iron of an average person's minimum daily needs of these nutritive elements. Ten ounces is about 2½ cups of flour.

Enriched bread is not intended to discourage the use of whole wheat, which is available to all who like it, and adds variety to the bread portion of the menu.