

Improve your health with the Well Adjusted™ *Less, Better, Best* Table of

Breads, Grains & Flours

Use the table below to easily begin replacing your "less than ideal" grains and flours with better (or best!) options to improve your health and the health of your family...

Less than Ideal	Better	Best!
White flour	Whole wheat flour	Home-made gluten-free flour or coconut flour
White bread, English muffin	Whole wheat bread	Rye, spelt or gluten-free bread
Wheat-based cereal	Muesli with fresh fruit, nuts and yoghurt	Fermented mixed grain porridge
Wheat-based white pasta (most pastas)	Wholemeal pasta	Rice and millet, corn, vegetable or spelt pasta (gluten-free)
Scones (white flour), jam and cream	Scones (gluten-free flours) and organic jams and cream	Chocolate almond meal cake (wheat-free)
Shop-bought low fat (and therefore high sugar) muffin	Wholemeal muffin	Homemade gluten-free passionfruit and coconut muffin
Pre-made white bread sandwich with margarine	Rye bread salad sandwich no margarine	Salad with tuna, chicken or meat
Tortilla or burrito	Hard-shell taco	Extra meat filling and salad, no taco
Doughnuts, lamingtons or pastries	Fruit, a piece gluten-free bread with nut butter, muesli slice	Fruit and nuts
Pasta dish	Bolognese sauce with rice	Bolognese sauce with sautéed vegetables
Couscous	White rice	Brown rice
Jasmine/white rice	Basmati rice	Brown/wild rice