



EAGLE MILLS®  
GLUTEN-FREE  
ALL-PURPOSE  
MULTIGRAIN  
FLOUR BLEND

## Gluten-Free Just Got Better: Eagle Mills® Gluten-Free All-Purpose Multigrain Flour Blend

One of the most dramatic areas of growth in the food industry has been around gluten-free products.

As more consumers eliminate gluten proteins from their diets, either due to celiac disease or other gluten sensitivities, they've stepped up pressure on manufacturers to deliver gluten-free products across all applications and categories. While the market for gluten-free is booming, one of the greatest challenges for product developers is making gluten-free products that not only taste great, but also deliver better nutrition.

Passionate about living a full life, gluten-free consumers don't want to sacrifice the flavor, texture



and balanced nutrition they've come to expect from their favorite foods. At the same time, many gluten-free products have come under fire for less-than-stellar nutritional profiles.

Per 30g Serving of Eagle Mills Flour Blend:

- 15 grams of whole grain
- 6 grams of fiber
- 24% DV of fiber

**With Eagle Mills® Gluten-Free All-Purpose Multigrain Flour Blend, the Only Thing Missing is the Gluten.**

When you choose Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend from Ardent Mills™, your customers won't have to compromise. Eagle Mills features five Ancient Grain flours long prized for their whole grain nutrition: amaranth, millet, quinoa, sorghum and teff. The result is all-purpose, all-natural multigrain flour that delivers the nutrition, functionality and mainstream taste and texture it takes to develop winning gluten-free products.

- Two slices of bread made with Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend deliver 6 grams of fiber.
- A slice of gluten-free bread made with Eagle Mills Gluten-Free Flour Blend has the same fiber as a slice of 100% whole wheat bread.

## The Eagle Mills Gluten-Free Flour Blend Advantage

	51% Whole Grain Eagle Mills Blend	White Rice Flour	Potato Starch	Corn Starch	33% Brown Rice Flour Blend*	51% Brown Rice Flour Blend**	100% Brown Rice Flour
Naturally Gluten-Free	✓	✓	✓	✓	✓	✓	✓
Light Color	✓	✓	✓	✓	✓	✓	✓
Mild Flavor	✓	✓	✓	✓	✓	✓	✓
Whole Grain	✓				✓	✓	✓
Excellent Functionality	✓				✓	✓	
Higher Fiber	✓						
Whole Multigrain	✓						
More Phytonutrients	✓					✓	✓
Culinary Appeal	✓						

\*Blended with tapioca flour and potato starch \*\*Blended with potato starch

# Where Better Nutrition Meets Great Taste

Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend from Ardent Mills gives you a natural, gluten-free ingredient with the health benefits of whole grain. Each serving delivers 15 grams of whole grain, 6 grams of fiber, plus healthful vitamins, minerals and antioxidants. Common gluten-free ingredients simply can't compare.

- **Preferred Taste and Texture:** Eagle Mills Gluten-Free Flour Blend offers superior flavor, color and texture for mainstream taste and appeal.
- **Naturally Gluten-Free:** The unique multigrain blend combines whole ancient grain flours—sorghum, amaranth, quinoa, millet and teff—with brown rice flour, corn flour, corn starch, tapioca flour and rice

flour, creating an ingredient that's both gluten-free and naturally nutritious.

- **All-Purpose Functionality:** Eagle Mills Gluten-Free Flour Blend helps optimize flavor, texture, functionality and family appeal across a wide range of flour-based products including tough-to-formulate gluten-free applications.
- **Whole Grain Nutrition:** Featuring seven whole grain ingredients, Eagle Mills Gluten-Free Flour Blend goes beyond gluten-free to provide 6 grams of fiber and whole grain nutrition superior to rice flour, corn and potato starches.
- **Technical Support:** Ardent Mills stands ready to assist with your formulation, processing, nutrition and regulatory questions.

## Meeting Whole Grain Recommendations

A recent Harvard Medical Letter recommended a gluten-free diet richer in vitamins and fiber\*; however gluten-free products are commonly made with ingredients that are weak in these nutrients. Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend contains five of the "Super Six" whole grains Harvard noted in the letter—sorghum, amaranth, quinoa, millet and teff. The nutritive benefits of adding ancient grains to the gluten-free diet were also shown in research by the Celiac Disease Center at Columbia University (New York).

\*"Getting Out the Gluten," Harvard Medical Letter, June 2009

### Application Opportunities across Concepts and Categories:

- Breads
- Sandwiches
- Coatings and Batters
- Tortillas
- Snack Foods
- Cookies and Cakes
- Breakfast Foods
- Hamburger Buns
- Pastries
- Pastas
- Pizza Crusts
- Muffins and Quick Breads

**"Why can't it be more like normal bread?"**



## Consumer Preferred: Eagle Mills Gluten-Free Flour Blend Passes the "Normal" Bread Test

"Why can't it be more like normal bread?" That's a complaint you'll commonly hear about gluten-free bread—except when it's made with Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend. In a blind taste test with over 125 adult consumers, bread made with Eagle Mills Gluten-Free Flour Blend was preferred 3 to 1 over the leading retail brands of gluten-free bread. What's the Eagle Mills advantage? It makes bread with the qualities consumers crave:

- Bread made with Eagle Mills Gluten-Free Flour Blend more closely resembles traditional bread in texture, color and consistency.
- Bread made with Eagle Mills Gluten-Free Flour Blend was described as "more moist," "flavorful" and "more like regular bread."
- When bread is made with Eagle Mills Gluten-Free Flour Blend, it's easy to forget that it's gluten-free.

See for yourself: Put Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend to the test in all of your applications, from baked goods and snacks to cereals and coatings. You'll be surprised just how "mainstream" the results will be!



# Eagle Mills® Gluten-Free All-Purpose Multigrain Flour Blend

## Quality You Can Trust — Integrity We Promise

- All of our gluten-free products receive gluten-free certification per the requirements of the Gluten-Free Certification Organization (GFCO).
- Ardent Mills exercises the tightest quality protocols in producing our gluten-free ingredients; monitoring at every production point and GFCO certification assure that it's reliably and accountably gluten-free.
- We produce each lot of our gluten-free ingredients in a gluten-free facility in accordance with Current Good Manufacturing Practices and the provisions of the Federal Food, Drug and Cosmetic Act.

**Certified** What does GFCO certification mean? It means that a product has a gluten concentration less than 10 ppm (5 ppm gliadin) as measured using industry-accepted methods for gluten detection. To learn more about gluten-free certification, visit [gfc.org](http://gfc.org).



### The ABCs of Gluten-Free: Making Sense of Gluten-Free Formulation and Manufacturing

As a responsible manufacturer, our paramount priority is to give you peace of mind when using Ardent Mills gluten-free ingredients. Our gluten-free ingredients are thoroughly tested for gluten and other quality parameters.

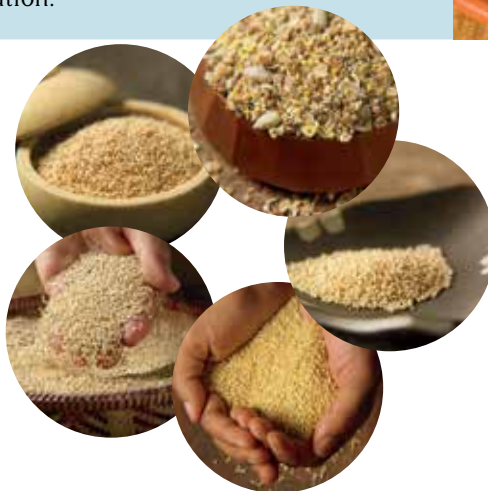
Producing gluten-free foods is serious business and requires a major commitment to sanitation, testing and ingredient handling. In addition to manufacturing considerations, all other ingredients and additives should also be certified gluten-free to ensure the integrity of the product and facility. Leading gluten-free certification organizations offer manufacturing direction and support. Contact us for more information.



## Other Naturally Gluten-Free Options

If you're excited about putting Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend to work, we've got even more gluten-free options to choose from. Ardent Mills' extensive line of Ancient Grain whole grains and flours is naturally gluten-free. Each brings unique taste and nutritional qualities to any formulation.

- **Amaranth:** A native New World grain that delivers protein, iron and calcium
- **Millet:** Mildly flavored and ideal for use in pastas and flatbreads
- **Quinoa:** South America's "Mother of All Grains" with an appealing mild flavor and protein
- **Sorghum:** A round African grain that works well even in extruded cereals



- **Teff:** Slightly sweet in flavor; nutrients include calcium and magnesium
- **5-Grain Whole Grain Flour:** A naturally gluten-free, 100% whole multigrain flour with amaranth, millet, quinoa, sorghum and teff
- **Custom Multigrain Blends:** Let us customize a gluten-free multigrain flour for your unique application



## Product Specifications

**Moisture:** 14% Maximum

**Color:** Light tan

**Ingredient Statement:** Whole grain flours (sorghum, brown rice, corn, amaranth, quinoa, millet, teff), corn starch, tapioca flour, rice flour.

**Shelf Life:** 6 months at recommended storage conditions and good sanitary practices; 12 months if stored refrigerated or frozen and using good sanitary practices. Best if used within 60 days.

**Storage Conditions:** Store in a clean, cool, dry area away from spices and other aromatic materials. Recommended storage conditions are  $\leq 75$  degrees F and  $\leq 50\%$  relative humidity. To minimize cross-contact, store gluten-free flour on separate pallets a minimum of three feet from pallets of regular flour. If using racks, store the gluten-free flour in a segregated section of the warehouse either in its own column or above regular flour. Care should be taken that the original packaging integrity of regular flour is maintained and any torn or broken bags in proximity to gluten-free flour are cleaned up and removed at once. Proper allergen management is required to maintain the gluten-free status of gluten-free flour.

**Packaging:** Available in 50-lb. multi-wall paper bags and bulk. Custom packaging options are available. Each lot is identified with the month, day, year and shift when packed.

**Gluten-Free Certification:** Eagle Mills Gluten-Free All-Purpose Multigrain Flour Blend is processed in a gluten-free facility certified by the Gluten-Free Certification Organization (GFCO).

**Kosher Certification:** Rabbinical authority: Kof-K. Kosher certification: Parve.

**For sales inquiries or more information:** Contact your Ardent Mills account manager, visit [ardentmills.com](http://ardentmills.com) or e-mail [info@ardentmills.com](mailto:info@ardentmills.com).



## Nutritional Information (100 g basis):

Calories (kcal)	286
Calories from Fat (kcal)	21
Protein	5.6
Carbohydrates (g)	80.7
<b>Dietary Fiber (g)</b>	<b>20.1</b>
Soluble Fiber (g)	0.32
Total Sugars (g)	0.68
Fat (g)	2.31
Saturated Fat (g)	0.41
Mono Fat (g)	0.47
Poly Fat (g)	0.61
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	10.5
Ash (G)	1.16
Vitamin A - IU (IU)	18.27
Vitamin B1 - Thiamin (mg)	0.17
Vitamin B2 - Riboflavin (mg)	0.07
Vitamin B3 - Niacin (mg)	2.12
Vitamin B6 (mg)	0.22
Vitamin C (mg)	0
Vitamin E - Alpha-Toco (mg)	0.24
Folate (mcg)	16.4
Pantothenic Acid (mg)	0.41
Calcium (mg)	16.81
Copper (mg)	0.12
Iron (mg)	1.86
Magnesium (mg)	59.08
Manganese (mg)	1.19
Phosphorus (mg)	142.67
Potassium	187.51
Selenium (MCG)	5.95
Sodium (mg)	24.83
Zinc (mg)	0.98

Source: U.S. Department of Agriculture, Agricultural Research Service, 2009; USDA National Nutrient Database for Standard Reference, Release 22; Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>; and analytical.

