



ConAgra Mills®

Ultragrain®

	Ultragrain® Hard Wheat	Ultragrain® Soft Wheat	Healthy Choice T-1	Healthy Choice T-2
Applications	Whole grain breads, bagels, pizzas, soft pretzels, pizza dough, pastas, tortillas, coatings and biscuits.	Whole grain crackers, cookies, cakes and pastries.	Healthy Choice All-Purpose Flour Blends T-1 and T-2 are transitional blends for everything from sandwich slices and pizza crusts to muffins, coatings and more. Healthy Choice All-Purpose Flour Blend T-1 is a cup-for-cup replacement for traditional all-purpose flour, which T-2 increases the amount of whole grains with minimal formula adjustments.	Healthy Choice All-Purpose Flour Blends T-1 and T-2 are transitional blends for everything from sandwich slices and pizza crusts to muffins, coatings and more. Healthy Choice All-Purpose Flour Blend T-1 is a cup-for-cup replacement for traditional all-purpose flour, which T-2 increases the amount of whole grains with minimal formula adjustments.
Shelf Life	180 days in unopened bag when stored in clean, cool, and dry area. Recommended storage conditions are at least 75°F and 70% relative humidity.			
Frozen or Dry		All flours are shipped dry.		
States or Regions Available		All Ultragrain Flour samples are available on a national basis		

Visit conagramills.com for recipe ideas

Nutritional Information

Ultragrain is the revolutionary whole wheat flour with the taste, texture and appearance of refined white flour. Use Ultragrain Hard or Soft as replacements for traditional whole wheat flour for improved taste, texture and appearance. You can also blend Ultragrain with refined flours to achieve different whole grain percentages. Try Healthy Choice All-Purpose Flour Blends in place of refined all-purpose flour.

Amount of Whole Grain Per Serving	100% Ultragrain Hard 30 g	100% Ultragrain Soft 30 g	30% Ultragrain blended with 70% Premium Enriched Flour 16 g	55% Ultragrain blended with 45% Premium Enriched Flour 9 g
Calories (per 100g)	339	340	356	350
Protein	12.0% minimum (12% mb)	9.0% minimum (12% mb)	11.3% minimum (14% mb)	11.7% minimum (14% mb)
Fat Content (per 100g)	1.9g	2.0g	1.6g	1.7g
Carbohydrates (per 100g)	72.6g	75.4g	73.4g	73.1g
Fiber (per 100g serving)	12.2g	12.7g	5.7g	7.8g
Minerals				
Potassium	405mg	435mg	218mg	285mg
Phosphorous	346mg	402mg	182mg	241mg
Magnesium	138mg	90mg	62mg	90mg
Calcium	34mg	34mg	24.2mg	27.7mg
Iron	3.9mg	5.4mg	6.5mg	7.1mg
Manganese	3.8mg	3.4mg	1.6mg	2.4mg
Zinc	2.9mg	3.5mg	1.5mg	2.0mg
Copper	0.4mg	0.4mg	0.2mg	0.3mg
Selenium	70.7mcg		40.5mcg	51.3mcg
Vitamins				
Niacin	6.4mg	4.8mg	8.0mg	9.3mg
Vitamin E	0.8mg	1.0mg	0.3mg	0.5mg
Panthenic Acid	1.0mg	0.9mg	0.6mg	0.7mg

Manufacturer & Contact Information

Manufacturer Company Address

Main Telephone #

Website Address

Sales & Sample Contact

ConAgra Mills
11 ConAgra Drive, Omaha NE, 68102

(800) 851-9618

www.conagramills.com – www.ultragrain.com

Order Ultragrain through your local distributor, or contact J.M. Swank at (800) 593-6375, ext. 5907, or www.jmswank.com

Ultragrain®. The whole grain solution for your whole menu.

School districts everywhere are facing an increasingly tough challenge: boosting the nutritional profile of everything from breakfast and lunch to snack items. Now it's easy. Just add Ultragrain® to your menu. Ultragrain is the remarkable whole wheat flour that has the look and taste of refined white flour, with the all-natural fiber and nutrition of 100% whole grain. Ultragrain Hard and Soft Flours, Healthy Choice® All-Purpose Flour Blends and finished goods made with Ultragrain make transitioning to whole grain seamless. It's a whole new way to give your students the nutrition, appearance and flavor they're looking for without compromising appeal. All day, all across your menu. For more information or technical support, visit conagramills.com, ultragrain.com or call (800) 851-9618.



Biscuit made with
Ultragrain Hard.



ConAgra Mills®



■ Ultragrain® White Flour Appeal. Whole Grain Nutrition.

Ultragrain® is the first-ever whole wheat flour to combine the nutritional benefits of whole grains with the mainstream appeal of refined flours. ConAgra Mills' revolutionary Ultragrain whole wheat flour offers the best of both worlds—taste and nutrition. By applying our patented* milling technology to specially selected white wheat, we've developed a whole grain flour that preserves the mild flavor, color and texture of refined flour. Ultragrain maintains all the nutritional advantages of whole grain flour: increased phytonutrients, lower starch content and four to five times the level of nutrients—including minerals, B vitamins and fiber—found in refined flour.

For the first time, consumers can enjoy everything from breads to pasta, pizza dough, cookies, crackers and even pastries—all with the benefits of whole grain nutrition.

*Ultragrain whole wheat flour is milled according to US patents 7,419,694 and 7,425,344.



Ultragrain is included in numerous recent product introductions, including breads, pastas, crackers, cookies, breakfast breads, mixes and many more.



Applications	Benefits	Refined Flour	Whole Grain Flour	Ultragrain
Baked Goods				
Pizza Crusts	Increased Fiber		✓	✓
Pastas	Lower Starch Content	✓	✓	
Tortillas	Increased Antioxidants and Phytonutrients	✓	✓	
Cereals	Increased Essential Minerals and Vitamins	✓	✓	
Coatings	Milder, Slightly Sweeter Flavor	✓		✓
Snacks	Lighter Flour Color	✓		✓
Pancakes	Reduced Visibility of Bran Specks	✓		✓
Waffles	Softer, Smoother Texture	✓		✓

Physical Properties

The product is dry, free-flowing powder. It is golden in color. It will have no off odors or flavors. Granulation: 98% minimum passing through a No. 70 wire.

Storage

Store this flour in a clean, cool and dry area. Recommended storage conditions are ≤ 75 degrees F and ≤ 50 percent relative humidity.

Shelf Life

Shelf life is 90 days at recommended storage conditions and using good sanitary practices; best used within 60 days; 12 months if stored refrigerated or frozen and using good sanitary practices.

Bag Code Identification

ConAgra Mills codes all bagged flour. Each bag is identified with the origin mill, month, day, year and shift packed.

Kosher Status

Rabbincinal Authority: Kof-K. Kosher Certification: Parve.

Packaging

Available in 50-lb. multi-wall paper bags or bulk.

Information and Services

For a list of distributors in your area or for any other assistance, please call (800) 851-9618.

For technical assistance in formulating with Ultragrain, call 402-595-4282.

Nutritional Properties

Ultragrain is significantly higher in total dietary fiber and richer in nutrients, vitamins and minerals as contributed by the whole grain.

Ingredients Declaration Options

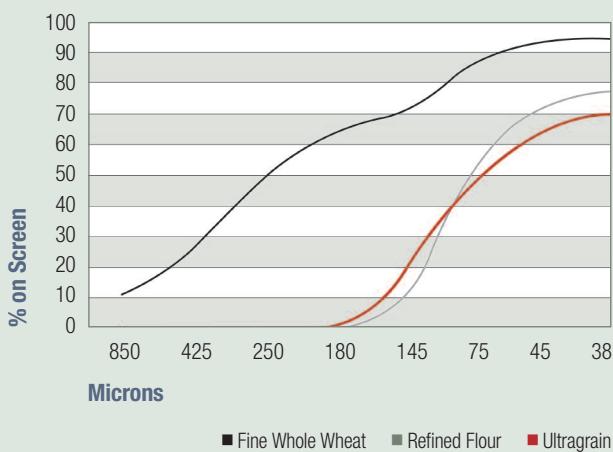
- Ingredients: whole wheat flour (Ultragrain®)
- Ingredients: whole wheat flour
- Ingredients: whole grain wheat flour

Co-branding

Studies show that Ultragrain co-branding significantly increases purchase intent. To leverage the benefits of Ultragrain co-branding on your packaging or menu, call 402-595-5153.

Typical Granulation Comparison

Ultragrain Particle Size Similar to Refined Flour



Whole Wheat Flour Nutritional Data (USDA National Nutrient Database)

	Ultragrain Hard Wheat*	Ultragrain Soft Wheat**	Refined Unenriched Wheat Flour†
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Nutrients

Moisture, g/100 g	10.3	10.4	11.9
Calories, Kcal	339	340	364
Carbohydrate, by difference, g/100 g	72.6	75.4	76.3
Total dietary fiber, g/100 g	12.2	12.7	2.7
Sugars, g	0.4	0.4	0.3
Protein	13.7	10.7	10.3
Fat	1.9	2.0	1.0
Ash	1.6	1.5	0.5

Vitamins

Niacin, mg	6.4	4.8	1.3
Vitamin E, mg	0.8	1.0	0.1
Pantothenic acid, mg	1.0	0.9	0.4
Thiamin, mg	0.5	0.4	0.1
Vitamin B6, mg	0.3	0.4	0.0
Riboflavin, mg	0.2	0.1	0.04
Folate, total, mcg	44	41	26

Minerals

Potassium, mg	405	435	107
Phosphorus, mg	346	402	108
Magnesium, mg	138	90	22
Calcium, mg	34	34	15
Iron, mg	3.9	5.4	1.2
Manganese, mg	3.8	3.4	0.7
Zinc, mg	2.9	3.5	0.7
Copper, mg	0.4	0.4	0.1
Selenium, mcg	70.7	not reported	33.9
Sodium, mg	5	2	2

*USDA Whole Grain Wheat Flour data (#20080)

**USDA Whole Grain Wheat Flour data (#20075)

†USDA Refined Unenriched Wheat Flour data (#20481)



To order or for more information contact us at:

P.O. Box 3500
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