

Understanding Flour

Flour is essentially any sort of ground grain, seed or legume.

COMMON FLOUR

Atta Flour (Dietary Fibre 13%)

A whole wheat flour, Atta is power packed with dietary fibre. Atta may be mixed with normal flour to taste. Delivers brown, non-flaky rotis.



Chakki Flour (Dietary Fibre 10.7%)

Stone ground in the traditional manner, this wholesome flour captures the great taste of wheat-grain. High in fibre for health conscious consumers concerned about obesity, diabetes, etc.



Roti Flour (Dietary Fibre 7.0%)

This high-in-fibre flour retains the taste of normal roti with coarse, brown and visible bran flakes - excellent for digestion.



Sharps (Dietary Fibre 4.4%)

This flour contains small bran particles, offering valuable fibre for your body. Ideal for white rotis with a bit of coarseness.

Normal Flour (Dietary Fibre 3.4%)

A general purpose flour used for making rotis, cakes, pastry and baking. Easy to knead and great for soft white rotis.



Look for these FMF Endorsements

Other Flour Products

Bakers Flour (Dietary Fibre 3.4%) Prepared primarily for bakeries -sometimes used as normal flour.

Self Raising Flour (Dietary Fibre 3.4%) Used in baking, pastries, confectionery, etc.

Wholemeal Flour (Dietary Fibre 7.8%) Contains larger bran flakes, producing a brown bread rich in fibre.

Pizza Base Flour Formulated especially for pizzas.

Pancake Mix (Dietary Fibre 2.5%) A specialty flour to make delicious pan cakes.

Semolina (Dietary Fibre 3.7%) Commonly known as Suji. Excellent for sweets, confectionery and desserts.

Wheatgerm A great high energy food consumed as a cereal, particularly by athletes. Extracted from wheat.

All FMF Flour is **ENRICHED** with Iron, Vitamins and Minerals to promote Health & Vitality and **UNBLEACHED** to retain valuable nutrients.



The Right Choice.

