

Dietary fibre:

- Improves laxation or regularity by increasing stool bulk
- Reduces blood total and/or low-density lipoprotein cholesterol levels
- Reduces post-prandial blood glucose and/or insulin levels
- Provides energy-yielding metabolites through colonic fermentation

The use of pharmaceutical laxatives in long term care is of continuous concern to care providers. Seventy-five percent of nursing home residents are taking at least one type of laxative. This activity continues even with abundant evidence that many of the products being used have considerable side effects.

Increasing intake of dietary fibre is one way to help reduce the need for laxatives and stool softeners. Implementing the NATURAL BOWEL CARE PROGRAM®, including flax flour as a source of fibre, providing fluids throughout the day and encouraging exercise, can reduce the need for medications to help keep bowels regular.

Did you know that...

- ⇒ 2 Tbsp of flour contributes over 4 g of fibre
- ⇒ Every 6 kg package of Premium Fine Milled Valley Flax Flour yields approximately 500, 30 ml (2 Tbsp) servings, costing less than 10 cents a day.
- ⇒ There is no nutritional difference between Premium Fine Milled Brown and Golden Flax Flour.
- ⇒ You can reduce or eliminate added fat and eggs from a recipe by adding flax flour.
- ⇒ You can receive more tips, recipes, and information by contacting info@flaxflour.com

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Flax



Enjoy the Goodness!



Flax Flour tastes great, adding a slightly nutty flavour to muffins, cakes and bread. Flax flour maintains the moisture content of baked goods, helping to keep them deliciously fresh.

Finely milled and sifted, Valley Flax Flour is easy to use. Simply add a couple tablespoons to your breakfast cereal, yogurt, applesauce, orange juice or smoothie.

Valley flax flour is a natural, safe, and reliable source of soluble and non-soluble fibre, omega-3 fatty acids, protein, anti-oxidants and plant estrogen (phytoestrogen).

Valley Kitchen ingredients and mixes



Valley Flaxflour Ltd process whole brown and golden seeds into flax flour, organic corn into corn flour, white organic buckwheat into buckwheat flour and certified wheat free oats into oat meal and oat flour in our gluten free facility. These freshly milled seeds and grains are offered as ingredients or blended into a variety of mixes including Pancake & Cookie Mix, Cake & Loaf Mix and Bread Dough Mix. Our mixes include the goodness of flax flour in nutritious, easy to use recipes.

Our focus on the use of whole seeds and grains, as well as the limited addition of simple starches, gums, sugar and sodium, help ensure that our products address the concerns of many health conscious consumers. Valley Flax Flour products are marketed under the Valley Kitchen label.

Our small, conscientious staff is committed to producing fresh, safe, nutritious ingredients and mixes. We believe that freshly milled, whole grains and seeds selected for their nutritional and functional benefits provide consumers with an opportunity to make a healthy food choice for themselves and their families.

12 g (2 tablespoons) of Valley flax flour supplies 30% of the daily amount shown to help lower cholesterol.

Use 2 - 3 tablespoons of flax flour daily.

Contact sales@valleyflaxflour.com for distribution and availability in your area.

Mail order: go to www.flaxflour.com for information.

Competitive pricing is guaranteed for direct shipment throughout Canada.

Easy ways to use flax flour

Use flax flour as an egg substitute:

In a small cup, pour 3 Tbsp of boiling water over 1 Tbsp of flax flour. Replaces 1 large egg.

Add flax flour to your favourite recipe:

When adding flax flour to a recipe, add an equal amount of extra liquid. For example, add $\frac{3}{4}$ cup of flax flour to a recipe for 12 muffins or cup cakes and add $\frac{3}{4}$ cup of extra water, milk or juice as called for in the recipe.

Flax flour in apple sauce:

Mix 2 Tbsp of flax flour and a pinch of cinnamon into $\frac{1}{2}$ cup of apple sauce.

Flax flour in cold cereal:

Sprinkle 2 Tbsp of flax flour over your favorite cold cereal, add milk and sugar or fresh fruit.

Flax flour in Cream of Wheat cereal (1 serving):

In a heavy bottom pot, bring 1 cup of water to the boil. Add a small pinch of salt. Whisk in 2 tbsp of wheatlets (cream of wheat cereal). Reduce the heat to simmer and cook, whisking occasionally, for 8 to 10 minutes. Whisk in 2 – 3 tbsp of golden flax flour. Turn off the heat and serve.

Flax flour in oatmeal cereal (1 serving):

In a heavy bottom pot, bring 1 cup of water to the boil. Add a small pinch of salt. Whisk in 2 tbsp of oat meal. Reduce the heat to simmer and cook, whisking occasionally, for 8 to 10 minutes. Whisk in 2 – 3 tbsp of golden flax flour. Turn off the heat and serve.

Fruit smoothie with flax flour:

Yields 1 – 2 servings. Naturally loaded with vitamins and minerals, flax flour adds fibre, omega-3 fat, protein, and potent antioxidants to this increasingly popular beverage.

Enough **fresh or frozen fruit** for 1 - 2 people (banana, apple, orange, kiwi, pineapple or other available fruit)

Fruit juice 60 to 125 ml ($\frac{1}{4}$ to $\frac{1}{2}$ cup)

Yogurt or Tofu (optional)

60 to 125 ml ($\frac{1}{4}$ to $\frac{1}{2}$ cup)

Valley Flax Flour 60 to 90 ml (4 to 6 Tbsp)

Ice (optional)

Add flax flour to your favorite smoothie!

In a blender, combine the washed or peeled fruit with the fruit juice, yogurt or tofu, and flax flour. Add ice, as desired. Blend until smooth. Thin with additional juice, as required.

... or simply add 1 to 2 Tbsp of flax flour to a glass of juice