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Nota di contenuto	section 1. Flour and breads -- section 2. Fortification of flour and breads and their metabolic effects.
Sommario/riassunto	Bread and flour-based foods are an important part of the diet for millions of people worldwide. Their complex nature provides energy, protein, minerals and many other macro- and micronutrients. However, consideration must be taken of three major aspects related to flour and bread. The first is that not all cultures consume bread made from wheat flour. There are literally dozens of flour types, each with their distinctive heritage, cultural roles and nutritive contents. Second, not all flours are used to make leavened bread in the traditional (i.e., Western) loaf form. There are many differe