

Bran mysterious and health

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Rice and bread are two frequently used foods which are full of starch and bran. Bran is a great source for fiber, minerals and several kinds of useful vitamins that are essential for transforming starch to energy in cells. In Iran bran is earned from cereals and this cause many kinds of diseases. If we eliminate bran from our foods, glucose transfers to fat which may cause metabolic syndrome, cordial diseases and several kinds of digestive cancer. On the other hand, if we eat bran separately, it causes such problems as: material absorption reduction or blocking the gut. So, eating bran breads and brown rice is the best way for our health. Today, eating seeds with bran has been transferred to a healthy life style in developed countries. Germany produces about 80 percent of bran breads in this country. Consumption of brown rice in China and Japan has prevented oldness. The education of bakery authorities is most important for public usage of bran from food. In this paper, the practical solutions for these problems are presented.

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