



ConAgra Mills®

PREMIUM MULTI-USE
FLOURS & WHOLE GRAINS

Innovation Milled Here.



HALIBUT DUSTED WITH ANCIENT GRAINS QUINOA
FLOUR AND COARSE 8-GRAIN & SEED BLEND

As the industry's leading flour supplier and innovator, we offer our customers more than high-quality ingredients. We offer the most comprehensive selection of premium multi-use flours, whole grain ingredients and customized multigrain blends, all with the promise of reliability, consistency and support.

We keep our customers at the forefront of trends and consumer demand with pioneering whole grain products like Ultragrain® whole wheat flour, Sustagrain® ultra-high fiber barley and Ancient Grains—proprietary ingredients that drive industry growth in a limitless variety of applications.

If your product demands it, we can mill it.

SELECTION IS JUST THE START

At ConAgra Mills, we pride ourselves on being your single point of contact throughout the product development cycle—from concept through formulation and testing to product launch and beyond.

As your supplier and partner, we give you access to our valuable functional resources. Culinary, technical, regulatory, nutrition, consumer insight and risk management experts are just some of the team members available to support your growth:

- **Culinary support**—Our chefs are passionate about creative commercial food products. They support your new product development process with artistic and thoughtful concepts that tap into culinary, demographic and lifestyle trends.
- **On-site technical assistance**—Technical specialists located strategically across the country stand ready to provide on-site, timely formulation and production solutions.
- **Food safety and packaging expertise**—Our food safety, engineering and packaging experts understand how raw materials behave in prepared-food systems. Let them field your questions about flour selection, packaging choices and anything in between.
- **Assistance with developing great-tasting, “better for you” products**—An in-depth understanding of labeling and regulatory matters, coupled with our catalog of healthful whole grain ingredients, lets us suggest applications and formulations that target the nutritional benefits you and your customers are seeking.
- **Consumer Insights**—Our insights team is on top of emerging trends and changing consumer sentiments, along with the sensory and societal forces that shape purchasing decisions. We're committed to providing actionable insights to our customers.

PARTNERING TO MANAGE RISK

Our customers' risk management goals are as diverse and dynamic as the market, which is why we collaborate with our customers to actively manage market exposure. Our goal is to help you achieve your desired results, balancing risk with reward.

By capitalizing on our knowledge, size and position in the grain market, we pass on actionable information to our customers, large and small. It's all part of how we keep your long-term success top of mind:

- **World-class commodities specialists**—We stay ahead of developments that impact grain markets, including energy, weather, transportation and world events.
- **Constant market intelligence**—Our sales and commodities staff monitor the continuous fluctuations in the cost and availability of wheat along with those of other commodities.
- **Futures expertise**—Hedging strategies let our customers lock in predictable commodity prices for long-term business success.
- **Risk management services**—We offer a full portfolio of risk management strategies with options tailored to your specific needs and objectives. From economic research and analysis to risk solution execution, we've got you covered.

Taking Whole Grains Mainstream



Demand for whole grains is skyrocketing, but mainstream consumers still crave the classic taste, texture and appearance of white flour products. With Ultragrain®, ConAgra Mills gives them the best of both worlds. Using patented* milling technology with specially selected white wheat, we give you whole wheat flour that preserves the mild flavor, color and texture of refined flour while maintaining fiber, phytonutrients (including antioxidants) and the nutrition of 100% whole wheat. With this groundbreaking product, the fresh bread, pizza crusts, cookies and snacks that consumers crave can have whole grain nutrition with white flour appeal.



With a variety of forms available, we've made reformulating for higher levels of whole grain goodness even easier:

- Ultragrain Hard delivers 100% whole grain nutrition with the taste, texture and appearance of refined white flour.
- Ultragrain Soft provides a unique option for cakes, cookies, crackers and pastries.
- Healthy Choice® All Purpose Flour Blends with Ultragrain make the transition to whole grain nutrition easy.

THE POWER OF ULTRAGRAIN

Studies show that Ultragrain co-branding significantly increases purchase intent. Let us work with you to reap all the nutritional and labeling advantages Ultragrain has to offer.



HEALTHY CHOICE ALL-PURPOSE FLOUR T-1 WITH ULTRAGRAIN

- 1:1 replacement for traditional all-purpose flour
- Made with 30% Ultragrain, blended with 70% premium enriched white flour
- Looks and tastes like white flour while delivering whole grain nutrition
- 9 grams of whole grain per serving
- Double the fiber of all-purpose flour
- Available in convenient 50-lb. bags, totes and bulk

HEALTHY CHOICE ALL-PURPOSE FLOUR T-2 WITH ULTRAGRAIN

- Easy transition to even higher levels of whole grain
- Made with 55% Ultragrain, blended with 45% premium enriched white flour
- Great functionality with even more whole grain nutrition
- 16 grams of whole grain per serving
- Triple the fiber of all-purpose flour
- Available in convenient 50-lb. bags, totes and bulk

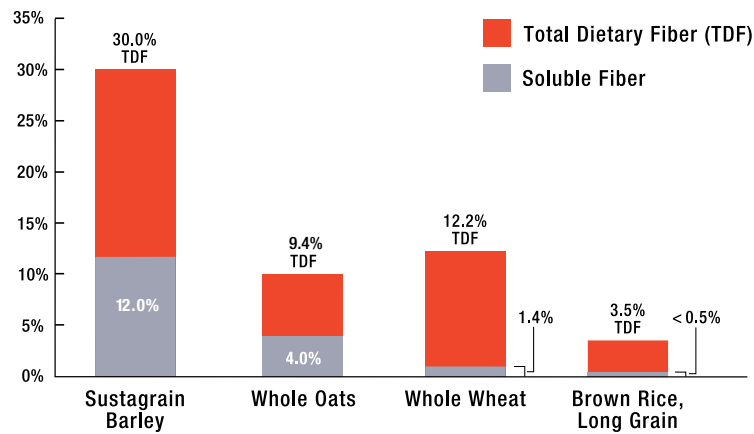


The High-Fiber Whole Grain That's A Whole Lot More

The days when “good for you” was good enough are gone. The key to success in today’s health market is naturally enhanced nutrition. And as far as consumers are concerned, the more manufacturers can pack into one pleasing product, the better. That’s why ConAgra Mills Sustagrain® makes sense for next-generation mainstream functional foods.

This proprietary identity-preserved barley is the highest-fiber whole grain commercially available, with more than 30% total dietary fiber (TDF) and only 30% starch. A full 40% of the fiber is beta-glucan soluble fiber, giving Sustagrain three times the TDF and soluble fiber of whole oats and up to eight times the TDF of other whole grains.

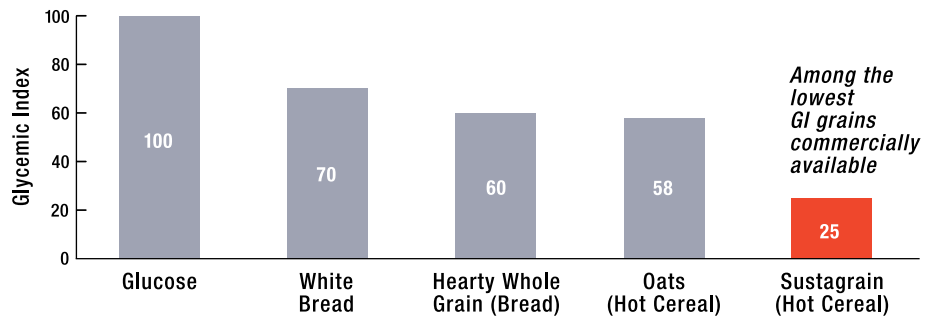
SUSTAGRAIN VS. TRADITIONAL GRAIN SOURCES: Analysis of total dietary fiber components



Sources: USDA National Nutrient Database for Standard Reference, Release 18; J Agric Food Chem, 2001, 49: 2437; Cereal Chem, 1999, 76: 788; Cereal Chem, 2000, 77: 673; and ConAgra Foods Analysis.

By formulating with Sustagrain, manufacturers can capture the benefits of the U.S. Food and Drug Administration’s heart-health label claim for products containing soluble fiber from barley foods. And with less than half the starch of other cereals, Sustagrain has one of the lowest glycemic indices (GI) of any commercially available grain.

GLYCEMIC INDEX (GI) COMPARISON



Available in flour and flakes, Sustagrain is the superior choice for whole grain and fiber-added applications, from breads and hot or cold breakfast cereals to soups, energy bars, side dishes and pasta. Sustagrain also opens the door to whole grain and natural fiber inclusions in meat emulsions.



MINI-BURGER WITH ULTRAGRAIN BUN & PATTY WITH SUSTAGRAIN

Sustagrain studies can be viewed at conagramills.com.

The Latest Wave

To Hit
Whole
Grain
Innovation
Is Ancient

We're witnessing a renaissance in consumer interest in Ancient Grains, and ConAgra Mills has led the effort to revitalize these heirloom "superfoods." Since the dawn of history, amaranth, millet, quinoa, sorghum and teff have served civilizations as staple grains. Now, in their quest for health and variety, American consumers are discovering the natural nutrition, exciting textures and unique flavors of these grains. By sourcing reliable supplies and milling these grains into functional forms like single-grain flours and multigrain blends, we've added the quality and scale that will support the industry's 21st-century introduction of Ancient Grains. With functionality across a wide range of applications—from breads and pizza crusts to breakfast cereals and bars—it's no wonder these Ancient Grains are making waves all over again. Many of our Ancient Grains products are also naturally gluten-free, offering a new world of flavor and nutrition for your gluten-free applications.



AMARANTH



- Very small, light-colored grain with an appealing mild flavor
- Native to the Americas and prized by the Aztec civilization, it was a dietary staple and a revered symbol of the culture
- Amaranth flour works well in a variety of applications, such as baked goods, pasta and RTE cereals
- Amaranth protein quality is among the highest relative to other grains. It also has comparatively more calcium and iron
- Naturally gluten-free

MILLET



- Small, pale, round yellow grain with a mild flavor that's ideal for blending with the flours of other grains
- A staple in India and common in Africa, millet was domesticated more than 4,000 years ago from a wild West African grass
- Whole grain millet flour works well in applications including pasta and flatbreads
- Millet nutrients include the B vitamins—thiamin, riboflavin, niacin, pantothenic acid, B₆ and folic acid—along with a number of other important nutrients
- Naturally gluten-free

QUINOA



- Small, light-colored round grain with an unmistakably nutty, earthy flavor
- Indigenous to South America, where the Incas praised it as the “mother of all grains”
- Lively flavor complements breakfast cereals, pizza, artisan-style breads and more
- Higher protein quality compared with that of many other grains; a powerful source of minerals, including calcium, magnesium, potassium and iron
- Naturally gluten-free

SORGHUM



- Medium-sized round grain with a mild, lightly sweet taste that melds well with other flavors
- Originated in Africa; today, it's the fifth most important cereal crop in the world
- Highly versatile—sorghum can be used in extruded snacks and flaked cereals, formulated into baked goods and even brewed into beer
- Naturally gluten-free

TEFF

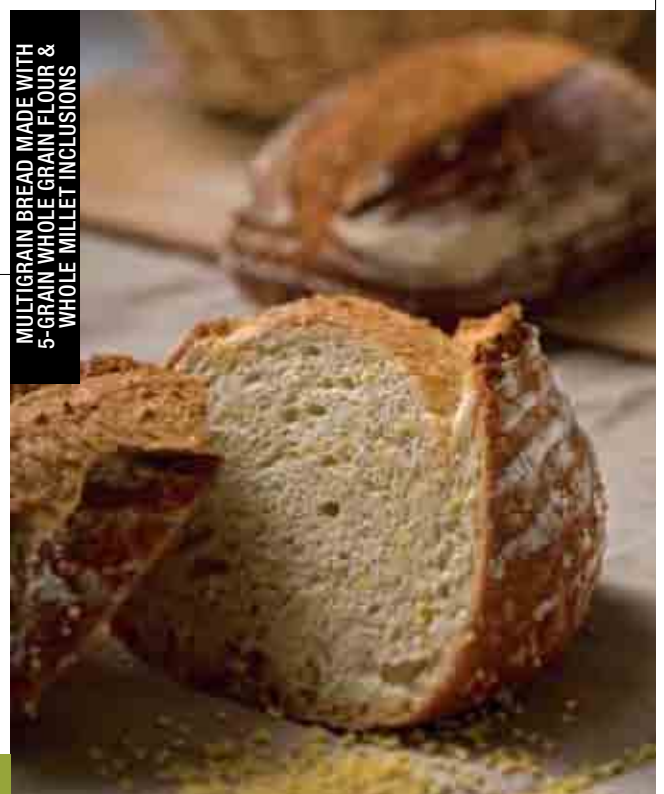


- Tiny, dark or ivory-colored grain whose lightly sweet, molasses-like flavor is compatible with other grain flours
- This grain is a principal source of nutrition in the Ethiopian diet.
- Ideal for use in flatbreads, waffle and pancake mixes, breads, cookies and other applications
- Notable source of calcium and magnesium
- Naturally gluten-free

CONAGRA MILLS ANCIENT GRAIN FLOURS BRING 21ST-CENTURY FUNCTIONALITY TO MILLENNIA OF TRADITION:

- A selection of high-quality Ancient Grain flours, multigrain blends and inclusions from one of the industry's most trusted sources
- Functionality across a wide range of applications
- Distinctive flavor profiles for inspiring the next generation of whole grain product development
- An impressive nutritional portfolio, including protein, fiber, vitamins, minerals and antioxidants
- Custom multigrain blends and blends with chia available

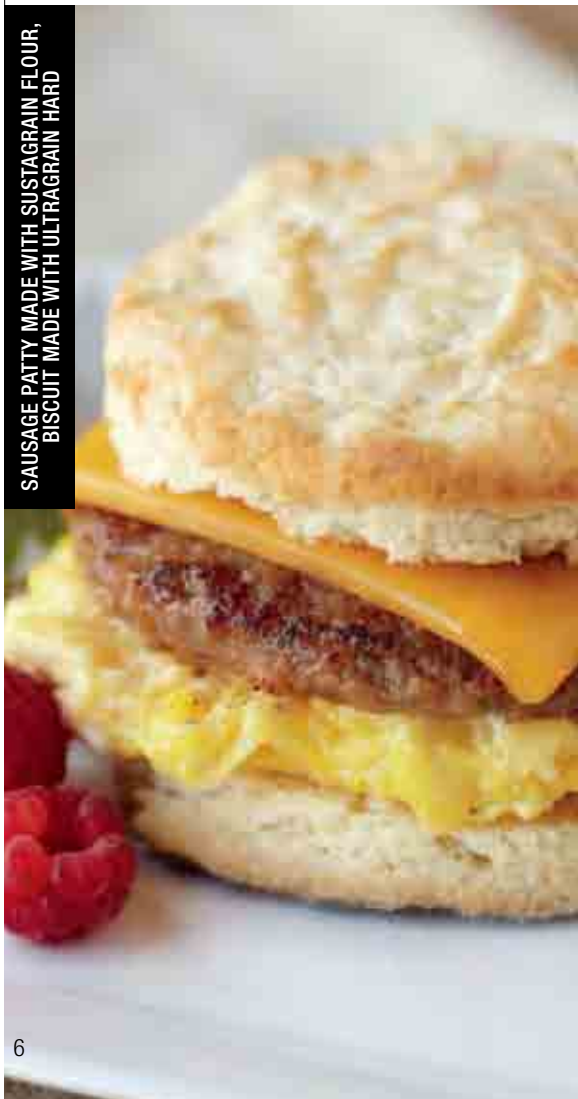
MULTIGRAIN BREAD MADE WITH 5-GRAIN WHOLE GRAIN FLOUR & WHOLE MILLET INCLUSIONS



Whole Grains

Remarkable nutritional benefits catapulted whole grains into the mainstream. Now let ConAgra Mills, the industry leader in whole grain ingredients, help you deliver them to your customers. From traditional whole wheat flours to leading-edge innovations like Ultragrain® and Sustagrain®, our products' great taste and functionality suit the full spectrum of whole grain product development. What's more, our culinary and technical support is available to you from concept creation to commercialization. As your customers change the way they look at whole grains, our portfolio of products can help change the way you formulate with them.

SAUSAGE PATTY MADE WITH SUSTAGRAIN FLOUR,
BISCUIT MADE WITH ULTRAGRAIN HARD



PRODUCT NAME & DESCRIPTION

ULTRAGRAIN® HARD

Ultra-fine whole wheat flour milled from specially selected white wheat with patented milling technology.



ULTRAGRAIN® SOFT

Ultra-fine whole wheat flour milled from specially selected white wheat with patented milling technology.



HEALTHY CHOICE® T-1

A blend of 70% premium enriched white flour and 30% Ultragrain Hard. It can be used as a 1:1 replacement for all-purpose flour to increase whole grain intake with no formulation changes.



HEALTHY CHOICE® T-2

A blend of 45% premium enriched white flour and 55% Ultragrain Hard, to transition to even higher levels of whole grain nutrition.



STONE GROUND HARD WHOLE WHEAT

Premium-quality whole wheat flour milled from cleaned, sound hard red or white wheat.

Available in fine, medium and coarse.

SOFT WHOLE WHEAT

Premium-quality soft whole wheat flour milled from cleaned, sound soft red or white winter wheat.

Available in fine, medium and coarse.

CRUSHED, CRACKED OR ROLLED WHEAT

Premium-quality whole wheat available crushed, cracked or rolled into flakes.

EAGLE MILLS® ORGANIC WHOLE WHEAT

Certified Organic wheat grown and processed in accordance with Oregon Tilth Standards.



Available in fine, medium, coarse, crushed and cracked.

RYE MEAL PUMPERNICKEL

Premium-quality flour milled from cleaned, sound, scoured rye.

Available in fine, medium and coarse.

Rye flakes and chops also available.

SUSTAGRAIN® FLAKES

Ultra-high fiber whole barley flakes that can be specifically designed for optimal flake thickness and granulation profile.



SUSTAGRAIN® FLOUR

Ultra-high fiber whole grain barley flour with a neutral flavor, ideal for boosting nutrition in a variety of applications. Sustagrain flour has an ultra-fine particle size.



APPLICATIONS

Provide whole grain nutrition with refined flour appeal in breads, bagels, soft pretzels, pizza dough, pastas, tortillas, biscuits, batters and breadings.

Provide whole grain nutrition with refined flour appeal in cakes, cookies, crackers and pastries.

Provide whole grain nutrition with refined flour appeal in breads, pizza crusts, tortillas, cookies, batters and breadings, pancakes and waffles, bagels, cakes, pastries, handheld foods and snacks.

Provide whole grain nutrition with refined flour appeal in breads, pizza crusts, tortillas, cookies, batters and breadings, pancakes and waffles, bagels, cakes, pastries, handheld foods and snacks.

Bakery products where the taste, texture and nutritional value of whole wheat are desired, including whole wheat breads and rolls, bagels, tortillas, pizza dough, pretzels, muffins, cookies and crackers.

Cookies, crackers and pastry products where the taste, texture and nutritional value of whole wheat are desired.

Hot cereals, soups, cookies, crackers, toppings, inclusions, bars, granolas, breads, meat extenders, vegetarian patties, baked goods and snacks.

Organic whole wheat breads and rolls, bagels, tortillas, pizza dough, pretzels, muffins, cookies and crackers.

Well suited for use in specialty applications such as pumpernickel and multigrain products.

Hot and RTE cereals, soups, cookies, crackers, toppings, inclusions, bars, granolas, breads, meat extenders, vegetarian patties, baked goods and snacks.

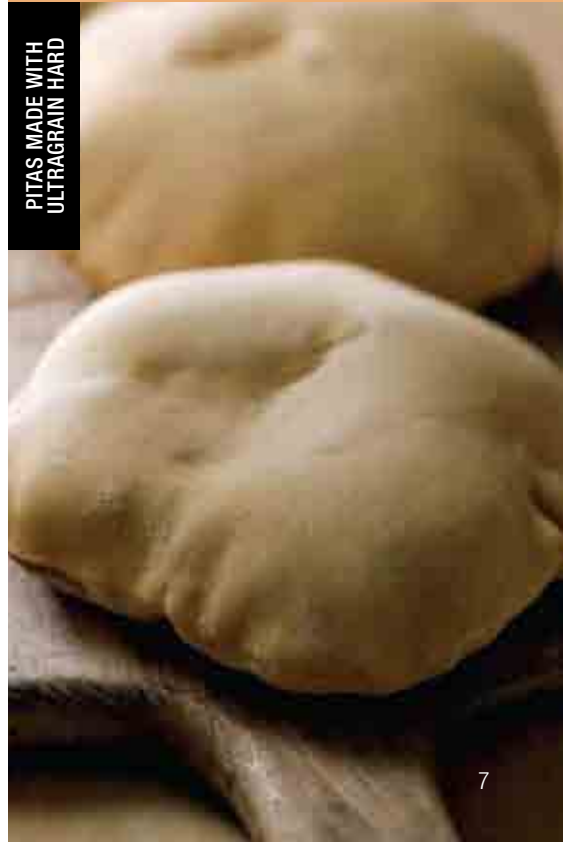
Breads, hot and RTE cereals, snacks, baked goods, energy bars, soups, pastas, tortillas and wraps, beverages, meat emulsions, nutraceuticals, toppings, inclusions, sauces and gravies.

PROTEIN	ASH*	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
12.0% min. (12% mb)	1.6% (12% mb)	13.0% max.	339	1.71g	72.6g	0.41g	12.2g
9.0% min. (12% mb)	1.5% (12% mb)	13.0% max.	340	1.99g	75.4g	0.41g	12.7g
11.3% min. (14% mb)	0.85% +/- 0.10%	14.3% max.	356	1.6g	73.4g	0.91g	5.7g
11.7% min. (14% mb)	1.1% +/- 0.20%	14.3% max.	350	1.7g	73.1g	0.73g	7.8g
14.0% min. (12% mb)	1.6% (12% mb)	14.0% max.	339	1.87g	72.3g	0.41g	12.2g
8.0% min. (12% mb)	1.6% (12% mb)	15.0% max.	339	1.87g	76.8g	0.41g	12.2g
14.0% min. (12% mb)	1.6% (12% mb)	14.0% max.	339	1.87g	72.3g	0.41g	12.2g
13.0% min. (12% mb)	1.6% (12% mb)	14.0% max.	329	1.92g	70.2g	0.41g	12.2g
9.0% min. (14% mb)	n/a	14.0% max.	335	2.5g	69.8g	1.04g	14.6g
18+/-3.0%	n/a	14.0% max.	390	6.5g +/-2.0%	64.3g	4.7g	30g +/- 3.0%
18+/-3.0%	n/a	14.0% max.	390	6.5g +/-2.0%	64.3g	4.7g	30g +/- 3.0%

Nutritional information based on 100g.
* Typical values vary crop year to crop year.

Leveraging Ultra-Milling Technology

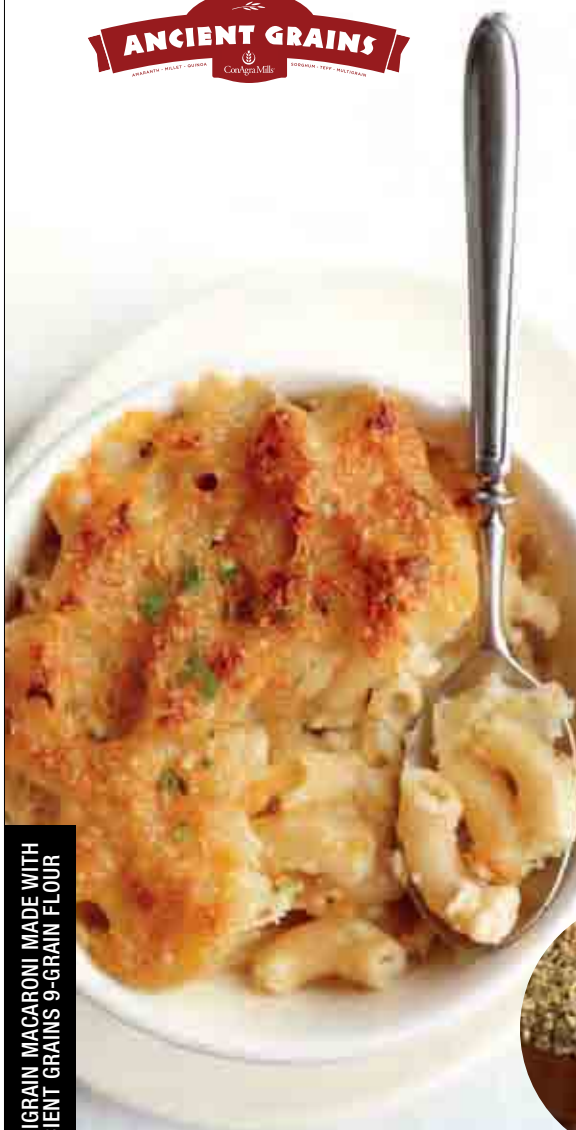
With our patented Ultra-milling process—the same innovation that brought you groundbreaking Ultragrain flour—we can add value to other grains, leveraging our technology to the benefit of your unique formulations. The technology mills whole grains to the particle size of refined flour, expanding palatability and functionality for a variety of grains, including Sustagrain, malted barley, bran, germ and red wheat for Ultra-fine traditional whole wheat.



PITAS MADE WITH ULTRAGRRAIN HARD

Ancient Grains

Catch the latest wave hitting whole grain formulation with ConAgra Mills Ancient Grains. These whole grain flours—milled from amaranth, quinoa, millet, sorghum and teff—combine high fiber and great flavor with the 21st-century functionality and reliability you expect from ConAgra Mills. Our individual Ancient Grain whole grains and flours, and 5-grain whole grain flour, are also naturally gluten- and allergen-free.



MULTIGRAIN MACARONI MADE WITH ANCIENT GRAINS 9-GRAIN FLOUR

PRODUCT NAME & DESCRIPTION

AMARANTH, WHOLE GRAIN

Naturally gluten-free, very small, light-colored grain. Products made with amaranth have a moist, creamy texture and a neutral flavor. Provides an increased shelf life due to moisture retention.



APPLICATIONS

Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

MILLET, WHOLE GRAIN

Naturally gluten-free, small, pale yellow round grain with a mild, slightly nutty flavor that's ideal for blending with the flours of other grains. Bakes golden brown with a yellow-tinted crumb.



Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

QUINOA, WHOLE GRAIN

Naturally gluten-free, small, light-colored round grain with an unmistakably nutty, earthy flavor. Crusts brown quickly. Retains moisture well.



Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

SORGHUM, WHOLE GRAIN

Naturally gluten-free, medium-sized round grain with a mild, lightly sweet taste that melds well with other flavors. Blue-gray tinted crumb color with a dark finished crust.



Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

TEFF, WHOLE GRAIN

Naturally gluten-free, tiny grain whose lightly sweet, molasses-like flavor is compatible with other grain flours. Hazelnut, coffee and chocolate aromas.



Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

5-GRAIN WHOLE GRAIN FLOUR

A naturally gluten-free, 100% whole multigrain flour with amaranth, millet, quinoa, sorghum and teff. Flavor is complex and crumb browns nicely.



Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

9-GRAIN WHOLE GRAIN FLOUR

A 100% whole multigrain flour with amaranth, millet, quinoa, sorghum, teff, rye, oats, Ultragrain and Sustagrain. Earthy and nutty flavor with a slightly dark crust.

Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

6-GRAIN FLOUR

A 55% whole multigrain mix-and-go flour made with amaranth, millet, quinoa, sorghum, teff and Ultragrain, blended with Kyrol[®] refined wheat flour.

Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

9-GRAIN FLOUR

A 55% whole multigrain mix-and-go flour made with amaranth, millet, quinoa, sorghum, teff, Sustagrain, rye, oats and Ultragrain, blended with Kyrol refined wheat flour.

Pan and artisan-style breads, pizza, quick breads, pastas, hot and RTE breakfast cereals, bakery mixes, cookies, crackers, extruded snacks and coatings.

COARSE 8-GRAIN AND SEED INCLUSION

Six whole grain and two-seed mixture made with crushed wheat, chopped rye, millet, Sustagrain flakes, cornmeal, steel-cut oats, flax and sunflower seeds. Add to dough or topically to provide eye-catching texture.

Hot and RTE cereals, crackers, toppings, inclusions, bars, granolas, breads, baked goods, snacks and coatings.

Organic Ancient Grains are also available.



PROTEIN	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
14.5g	14.0% max.	374	6.51g	66.2g	1.9g	9.3g
11g	14.0% max.	378	4.22g	72.9g	1.4g	8.5g
13.1g	14.0% max.	374	5.8g	68.9g	2.5g	5.9g
11.3g	14.0% max.	373	3.3g	74.6g	1.2g	6.3g
11.8g	14.0% max.	364	2.81g	72.9g	1.9g	6.8g
12.3g	14.0% max.	366	4.53g	71.1g	1.3g	7.4g
15.6g	14.0% max.	366	4.58g	68.6g	0.7g	17.1g
12.7g	14.0% max.	355	2.31g	72.3g	0.5g	6.8g
13.2g	14.0% max.	355	2.34g	71.8g	0.4g	8.8g
14.6g	14.0% max.	379	8.9g	64.9g	1.0g	13.9g

Nutritional information based on 100g.



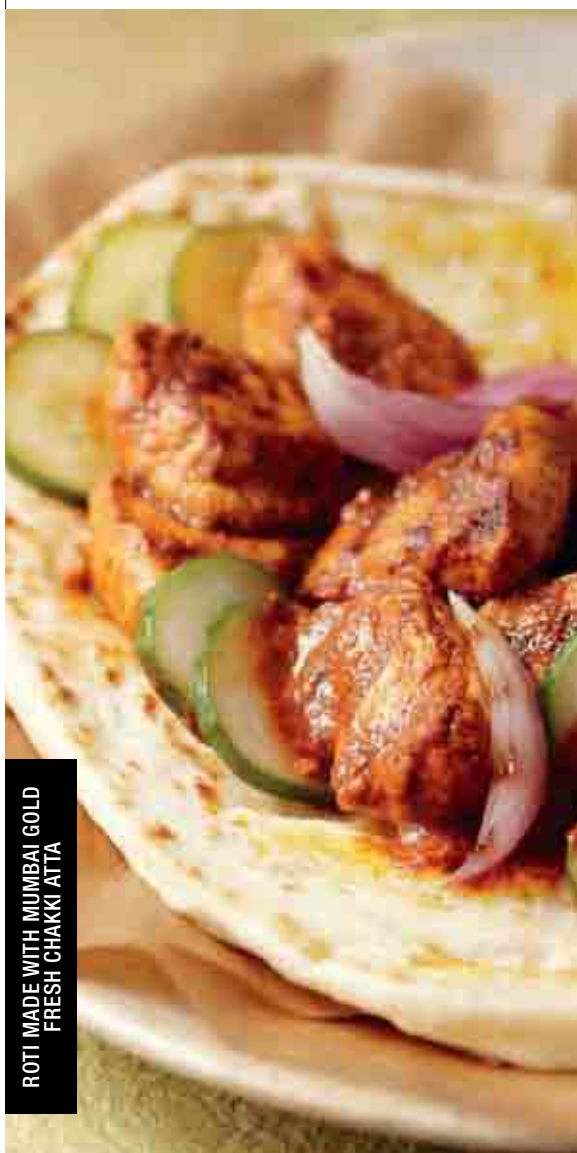
Ancient grains have sustained civilizations for millennia—and still do in communities around the world. Amaranth has been popular in Mexico since the reign of the Aztecs, and today Mexicans enjoy it whole in soups and granola and sometimes as flour in tamales. In Africa, teff is the main ingredient in injera, the sour, fermented flatbread that Ethiopians use both as a plate and an eating utensil, tearing off pieces of the spongy rounds to scoop up spicy stews.



BAGUETTES MADE WITH ANCIENT GRAINS

Bakery Flours

It's a basic truth of baking: The foundation of any first-rate baked good is a first-rate flour. That's why accomplished bakers build their operations on a foundation of ConAgra Mills' time-tested products. After all, our bakery flours are anything but basic. Whether your goal is to make the country's best hot dog bun, a hand-formed artisan baguette or the thinnest pizza crust around, we'll provide you with the flour with just the right specifications and performance.



ROTI MADE WITH MUMBAI GOLD FRESH CHAKKI ATTA

PRODUCT NAME & DESCRIPTION

KYROL®

Premium high-gluten flour milled from cleaned, sound hard red wheat.

PRODUCER®

High-gluten flour milled from cleaned, sound hard red wheat.

MAGNIFICO SPECIAL®

Milled from cleaned, sound hard red wheat.

KING MIDAS SPECIAL®

Premium-quality bakers flour milled from cleaned, sound hard red wheat.

OCCIDENT®

Premium-quality bakers flour milled from cleaned, sound hard red wheat.

MINNESOTA GIRL®

Premium-quality bakers flour milled from cleaned, sound hard red wheat.

LA UNICA TORTILLA FLOUR

Tortilla flour milled from cleaned, sound wheat.

EAGLE MILLS® ARTISAN BREAD FLOUR

Milled from select premium hard white wheat.



POWERFUL

Premium clear flour milled from cleaned, sound hard red wheat.

CONAGRA MILLS H&R

Hotel and restaurant premium-quality all-purpose flour milled from cleaned, sound hard wheat.

EAGLE MILLS® ORGANIC BREAD FLOUR

Certified Organic wheat grown and processed in accordance with Oregon Tilth Standards.



WHITE RYE

Premium-quality refined rye flour milled from cleaned, sound, scoured rye.

MUMBAI GOLD™ FRESH CHAKKI ATTA

Specially selected durum wheat milled to traditional Indian specifications for taste, appearance, texture and functionality.



APPLICATIONS

Hearth breads, hard and Kaiser rolls, bagels, European crusty breads, rye breads and thin-crust pizza dough.

Hearth breads, hard and Kaiser rolls, bagels, European crusty breads, rye breads, thin-crust pizza dough, breadsticks, pita and flat breads, English muffins, specialty pan breads and croissants.

Hearth breads, hard and Kaiser rolls, European crusty breads, specialty pan breads, hamburger and hot dog buns, thin- and thick-crust pizza dough, English muffins, pretzels, bagels and croissants.

Hearth breads, hard and Kaiser rolls, European crusty breads, specialty pan breads, hamburger and hot dog buns, thin- and thick-crust pizza dough, English muffins, pretzels, bagels and croissants.

White pan breads, specialty pan breads, hamburger and hot dog buns, dinner rolls, coffee cakes and cinnamon rolls, pizza dough, tortillas, pretzels and croissants.

All varieties of white bread, specialty pan breads, hamburger and hot dog buns, dinner and soft rolls, Danish, sweet dough, pizza dough, breadsticks, tortillas and flat breads, pretzels, yeast-raised doughnuts, batters and breadings.

Die-cut, hand-stretched and pressed tortillas.

Naturally fermented artisan breads such as baguettes and other hearth-baked crusty breads and rolls.

All varieties of rye breads and rolls, pumpernickel, hearth breads, specialty breads, bagels, pretzels, hard and Kaiser rolls and European crusty breads.

All varieties of white pan breads, dinner rolls, pancakes, waffles, biscuits, scones, cookies, quick breads, pizza dough, breadsticks, tortillas, muffins, sauces, gravies, batters and breadings.

All varieties of pan breads and soft rolls, sweet dough, yeast-raised doughnuts, pizza dough, flat breads, batters and breadings.

Pan and hearth-type rye breads, rye rolls and buns, and as a dusting flour.

Flatbreads such as chapati, paratha, puri and roti.

PROTEIN (14% MB)	ASH (14% MB)	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
14.0 +/- 0.3%	0.54 +/- 0.03%	14.3% max.	361	1.66g	70.4g	0.31g	2.4g
13.4 +/- 0.3%	0.54 +/- 0.03%	14.3% max.	361	1.66g	71.0g	0.31g	2.4g
13.0 +/- 0.3%	0.54 +/- 0.03%	14.3% max.	361	1.66g	71.4g	0.31g	2.4g
12.6 +/- 0.3%	0.54 +/- 0.03%	14.3% max.	373	1.66g	71.8g	0.31g	2.4g
12.2 +/- 0.30%	0.48 +/- 0.03%	14.3% max.	361	1.66g	72.3g	0.31g	2.4g
11.8 +/- 0.3%	0.50 +/- 0.03%	14.3% max.	361	1.66g	72.7g	0.31g	2.4g
11.0 +/- 0.5%	0.53 +/- 0.03%	14.3% max.	340	0.76g	71.5g	1.60g	2.97g
11.3% min.	0.55 +/- 0.03%	14.0% max.	340	0.76g	71.5g	1.60g	2.97g
13.5% min.	0.80 +/- 0.05%	14.3% max.	361	1.66g	70.7g	0.31g	2.4g
11.0 +/- 2.0%	0.53 +/- 0.03%	14.3% max.	364	0.98g	75.6g	0.27g	2.7g
11.0% min.	0.56 +/- 0.05%	14.0% max.	361	1.66g	73.4g	0.31g	2.4g
5.0 +/- 1.0%	0.75 +/- 0.10%	14.0% max.	329	0.60g	71.9g	3.10g	8.57g
13.0% min.	1.3 +/- 0.15%	15.0% max.	360	2.79g	68.3g	0.71g	4.8g

HISTORY- MAKING BRANDS

Since 1919, ConAgra Mills has produced some of the most trusted brands in the industry, relied upon by bakers and chefs for decades. Iconic brands like King Midas—named for its “golden touch”—



are still trusted for their dependable quality and consistency. Historic brands—Kyrol, American Beauty and Minnesota Girl, to name a few—are a part of ConAgra Mills’ tradition of innovation, innovation that continues to this day with brands like Mumbai Gold™ Fresh Chakki Atta.

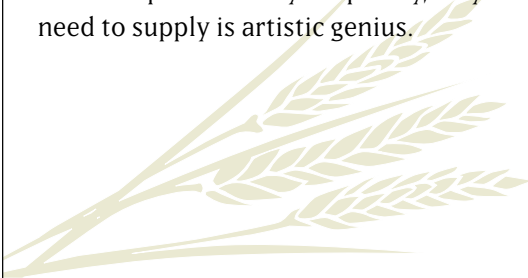


Nutritional information based on 100g.

If enriched, enriched to levels as listed in CFR Title 21.137.165 Enriched wheat flour following Good Manufacturing Practices: Niacin 24mg/lb; Iron 20mg/lb; Thiamine Mononitrate 2.9mg/lb; Riboflavin 1.8mg/lb; Folic Acid 0.7mg/lb.

Cake & Pastry Flours

Nothing brings together the disciplines of art and science quite like cake and pastry creation. When pastry chefs unleash their imaginative skills on ingredients of unrivaled quality, the results are spectacular. At ConAgra Mills, we go out of our way to ensure that the performance and analytical properties of our cake and pastry flours—from their protein-to-starch ratios to their pH levels—are predictable and spot-on for delicate pastry demands. And for chefs creating organic or whole grain pastries, we've got your special needs covered, too. With our products in your pantry, all you need to supply is artistic genius.



PRODUCT NAME & DESCRIPTION

WHITE SPRAY®

High-quality pastry flour milled from cleaned, sound soft winter wheat.

AMERICAN BEAUTY®

Premium-quality, high-ratio cake flour milled from cleaned, sound soft red winter wheat.

FLAKY CRUST®

High-quality pie and cookie flour milled with cleaned, sound soft wheat.

EAGLE MILLS® ORGANIC PASTRY FLOUR

Certified Organic wheat grown and processed in accordance with Oregon Tilth Standards.



ULTRAGRAIN® SOFT

Ultra-fine whole wheat flour milled from specially selected white wheat with patented milling technology.



APPLICATIONS

Cookies, bars, pie dough, biscuits, scones, muffins, quick breads, cake doughnuts, brownies, pancakes, waffles, sauces and gravies, some batters and breadings.

Layer cakes, sheet cakes, wedding cakes, cupcakes, pound cakes, sponge cakes, chiffon cakes, angel food cakes, snack cakes, tortes, jelly rolls. Also works well in certain cookies, brownies, bars, muffins, quick breads and biscuits.

All varieties of pie crusts and dough, cookies and bars, pastry shells, scones and muffins.

All varieties of cookies, crackers, pie crusts, biscuits, pretzels, muffins, cookies and crackers.

Provide whole grain nutrition with refined flour appeal in cakes, cookies, crackers and pastries.

Durum Flours

Pasta makers know that a noodle is not just a noodle and a shell is not just a shell. The secret to forming pasta products that cook to perfection every time starts with matching the application to the flour. Our technical and ingredient specialists can help you do just that. At ConAgra Mills, we know pasta—both the long and the short of it. Custom blends with Ultragrain, Sustagrain and Ancient Grains are available.

PRODUCT NAME & DESCRIPTION

KING MIDAS® EXTRA FANCY

Premium-quality durum flour milled from specially selected durum wheat with unique gluten properties.

KING MIDAS® NO. 1 SEMOLINA

Premium-quality semolina milled from cleaned, sound durum wheat.

APPLICATIONS

Sheeted pasta products such as noodles and ravioli. May be used in some extruded long pasta goods such as spaghetti, linguine, fettucini and ziti.

All pasta products, particularly extruded long and short pasta goods.

PROTEIN (14% MB)	ASH (14% MB)	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
9.0 +/- 1.0%	0.48 +/- 0.03%	14.0% max.	362	0.98g	77.6g	0.27g	2.7g
7.75 +/- 1.25%	0.36 +/- 0.03%	14.0% max.	362	0.86g	78.5g	0.31g	1.7g
8.5 +/- 0.5%	0.49 +/- 0.03%	14.0% max.	364	0.98g	78.1g	0.27g	2.7g
7.5% min.	0.52 +/- 0.04%	14.0% max.	362	0.86g	78.6g	0.31g	1.7g
9.0% min. (12% mb)	1.4% (12% mb)	13.0% max.	340	1.99g	75.4g	0.41g	12.7g

Nutritional information based on 100g.

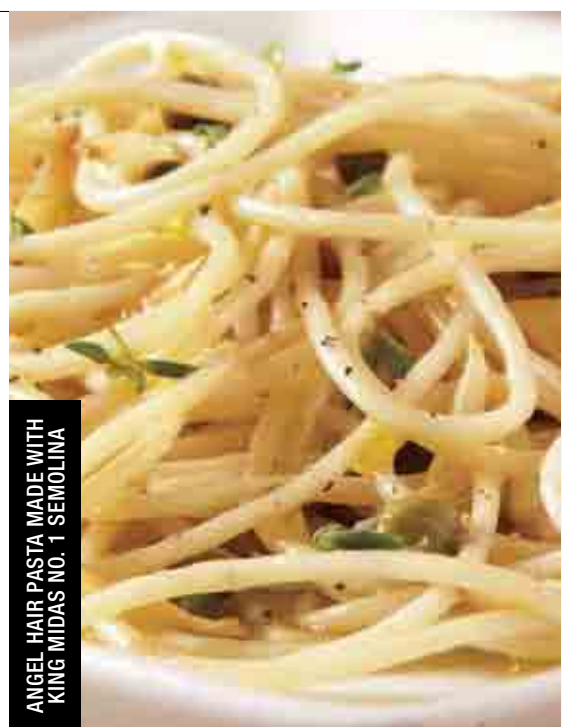
If enriched, enriched to levels as listed in CFR Title 21.137.165 Enriched wheat flour following Good Manufacturing Practices: Niacin 24mg/lb; Iron 20mg/lb; Thiamine Mononitrate 2.9mg/lb; Riboflavin 1.8mg/lb; Folic Acid 0.7mg/lb.



WEDDING CAKE MADE WITH
ULTRAGRAIN & AMERICAN BEAUTY

PROTEIN (14% MB)	ASH (14% MB)	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
11.5% min.	0.75 +/- 0.05%	15.0% max.	360	1.05g	84.0g	3.10g	3.9g
11.5% min.	0.75 +/- 0.05%	15.0% max.	360	1.05g	84.0g	3.10g	3.9g

Nutritional information based on 100g.



ANGEL HAIR PASTA MADE WITH
KING MIDAS NO. 1 SEMOLINA

Organic Flours

ConAgra Mills is one of the industry's largest suppliers of Certified Organic flours, bringing you the great taste and nutrition of wheat and ancient grain flours with the integrity of USDA Organic Certification. All of our organic flours are grown and processed according to government standards and certified by Oregon Tilth. ConAgra Mills' organic flours deliver the quality and the quantity you require to meet the needs of the growing number of consumers seeking the benefits of organic certification.



PRODUCT NAME & DESCRIPTION

EAGLE MILLS® ORGANIC WHOLE WHEAT

Certified organic wheat grown and processed in accordance with Oregon Tilth Standards.



Available in fine, medium, coarse, crushed and cracked.

EAGLE MILLS® ORGANIC BREAD FLOUR

Certified Organic wheat grown and processed in accordance with Oregon Tilth Standards.



EAGLE MILLS® ORGANIC PASTRY FLOUR

Certified organic wheat grown and processed in accordance with Oregon Tilth Standards.



EAGLE MILLS® ORGANIC ALL-PURPOSE FLOUR

Certified organic premium-quality all-purpose flour milled from cleaned, sound hard wheat.



EAGLE MILLS® ORGANIC SPRING WHEAT

Certified organic, premium-quality high-gluten flour milled from cleaned sound hard red wheat.



Organic Ancient Grains are also available.

APPLICATIONS

Organic whole wheat breads and rolls, bagels, tortillas, pizza dough, pretzels, muffins, cookies and crackers.

All varieties of pan breads and soft rolls, sweet dough, yeast-raised doughnuts, pizzas, flat breads, batters and breadings.

All varieties of cookies, crackers, pie crusts, biscuits, pretzels, muffins, cookies and crackers.

All varieties of white pan breads, dinner rolls, pancakes, waffles, biscuits, scones, cookies, quick breads, pizza dough, breadsticks, tortillas, muffins, sauces, gravies, batters and breadings.

Hearth breads, hard and Kaiser rolls, bagels, European crusty breads, rye breads, thin-crust pizza dough.

Specialty Flours

Sometimes you need flour that provides more than just premium performance, whether you're aiming for the lowest microbial counts in your frozen cookie dough, low moisture for extended shelf life or industry-surpassing uniformity for high-speed production. Our suite of specialty flour products fills the gaps where standard varieties fall short of your formulation needs.



PRODUCT NAME & DESCRIPTION

LOW-MICROCOUNT FLOUR (LMC-2™)

Very low-moisture flour made of 50% hard wheat and 50% soft wheat that offers superior food safety and shelf stability where stringent microbiological standards are required.

LOW-MICROCOUNT FLOUR (LMC-3™)

Very low-moisture flour made of 100% hard wheat that offers superior food safety and shelf stability where stringent microbiological standards are required.

WHEAT BRAN

The outer layers of wheat that are an excellent source of dietary fiber, antioxidants and other phytonutrients.

WHEAT GERM

The nutritionally rich "heart" of wheat with 23 nutrients. With more nutrients per ounce than any vegetable or grain, it is a great way to naturally enhance nutrition.

NHO FLOUR

A naturally heat-oxidized blend of hard and soft wheat flour that is more uniform and more stable and has an extended shelf life.

MALTED/SPROUTED BARLEY FLOUR

Flour prepared from the grinding and bolting of sprouted barley.

LMC Malted Barley Flour also available.

APPLICATIONS

No-bake and frozen doughs.

Sauces, no-bake dough, dairy mixes, meat/poultry coatings, flour bases.

Beneficial for adding texture, visual appeal and nutritional density in applications including baked goods, hot and RTE cereals, bakery mixes and wheat bran as a stand-alone product.

Beneficial for adding texture, visual appeal and nutritional density in applications including baked goods, hot and RTE cereals and wheat germ as a stand-alone product (stand-alone germ may require stabilization for packaging).

Any flour-based system that is normally subject to moisture degradation but in which extended shelf life is desired.

Used to adjust enzymatic activity to ensure end-product consistency, typically in bread and roll systems. Also used for flavor variation.

PROTEIN (14% MB)	ASH (14% MB)	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
13.0% min. (12% mb)	1.6% (12% mb)	14.0% max.	329	1.92g	70.2g	0.41g	12.2g
11.0% min.	0.56 +/- 0.05%	14.0% max.	361	1.66g	73.4g	0.31g	2.4g
7.5% min.	0.52 +/- 0.04%	14.0% max.	362	0.86g	78.6g	0.31g	1.7g
9.0 +/- 1.5%	0.56 +/- 0.05%	14.0% max.	364	0.98g	75.6g	0.27g	2.7g
11.0% min.	0.55 +/- 0.03%	14.0% max.	364	0.98g	75.6g	0.27g	2.7g

Nutritional information based on 100g.



PROTEIN	ASH	MOISTURE	CALORIES	FAT	CARB	SUGARS	FIBER
8.5–11.5%	0.50–0.03%	3.0–8.0%	334	1.62g	61.4g	1.6g	2.97g
10.0–13.0%	0.50 +/- 0.03%	3.0–8.0%	344	1.62g	61.4g	1.6g	2.97g
13.0% min.	n/a	15.5% max.	216	4.25g	68.9g	0.41g	42.8g
25.0% min.	n/a	15.0% max.	360	8.72g	51.2g	n/a	13.2g
10.0 +/- 1.0%	0.49 +/- 0.03%	7.0 +/- 2.0%	343	1.62g	61.4g	1.6g	2.97g
10.0% min (0% mb)	1.2 +/- 2.2% (0% mb)	10.0% max.	361	1.84g	78.3g	0.8g	7.1g

Nutritional information based on 100g.

If enriched, enriched to levels as listed in CFR Title 21.137.165 Enriched wheat flour following Good Manufacturing Practices:
Niacin 24mg/lb; Iron 20mg/lb; Thiamine Mononitrate 2.9mg/lb; Riboflavin 1.8mg/lb; Folic Acid 0.7mg/lb.



ConAgra Mills

Quality
Consistency
Reliability

These three values form the core of ConAgra Mills' commitment to you. We're more than just a flour mill—we're your ingredients expert on the front end, your resource during product development and a partner looking out for your interests over the long haul. Our customer commitment and business investments are based on the simple fact that when our customers are successful, we are successful.

STORAGE & HANDLING

Store products in a clean, cool and dry area. Recommended storage conditions are not above 70°F and 50% relative humidity under good sanitary conditions and practices. All grain-product storage requires proactive management throughout the distribution chain.

SHELF LIFE

General shelf life is as follows, contact ConAgra Mills for exact recommendations: 90 days in recommended storage conditions and good sanitary practices. Best if used within 60 days; 12 months if stored refrigerated or frozen and using good sanitary practices.

KOSHER STATUS



Rabbinical authority: Kof-K. Kosher certification: Parve.

ORGANIC AND GLUTEN-FREE PRODUCTS



Many ConAgra Mills products are available certified organic. Certified gluten-free products are also available. Please ask your ConAgra Mills sales representative for more information.

EXTRANEOUS & FOREIGN MATERIAL

All products will conform to current regulatory requirements and will not exceed the Defect Action Levels set by the U.S. Department of Agriculture.

FDA STATUS

All products are produced, packaged, stored and shipped in accordance with Good Manufacturing Practices and all applicable FDA regulations as amended.

AIB

All facilities are audited to meet American Institute of Baking standards.

CODE IDENTIFICATION

ConAgra Mills codes all packaged products. Each unit is identified with the origin mill, month, day, year and shift packed.



PACKAGING

Many ConAgra Mills products are available in a variety of sizes, including 25-lb., 50-lb. and 100-lb. multi-wall bags, custom-sized tote sacks or boxes. Bulk trucks and rail cars are also available.

CUSTOMIZATION

Custom multigrain flour blends are available to tailor-fit a mix of grain ingredients to your unique nutritional, functional and quality requirements.





Let's Get Together

Our resources are yours to draw upon. Product samples. Application demonstrations. Unyielding commitment to superior service.

With 23 strategically located facilities throughout the country, we're always nearby. For more information or to place an order, contact us at (800) 851-9618.



ConAgra Mills®

11 ConAgra Drive
Omaha, NE 68102
(800) 851-9618
conagramills.com