

DuraGrain

Home Page

Welcome to DuraGrain, your source for healthy eating. We are home to the Glycemic Index for nutrient-dense foods.

The two most powerful contributors to good health are diet and exercise. Eating a healthy diet is critical to your well being and overall state of health. Our nutrition source is designed to help you maintain the healthiest diet possible.

Obesity and Metabolism

More than sixty percent of all Americans are overweight or obese. We consume an abundance of processed foods, even though our bodies are not built to handle large amounts of such foods. Eating these processed foods has a negative impact on metabolism, which is the body's process for turning food into fuel. The result is weight gain and poor health.

Weight loss experts currently point to a low glycemic index diet as an ideal means to maintain a body's metabolism at optimum levels. The result? Weight loss, higher energy levels, and a general state of good health and well being.

The Glycemic Index

The Glycemic Index is a new meal planning tool designed to help you build a healthy diet. Using a scale, this index ranks foods rich in carbohydrates by how much they raise blood glucose (sugar) levels compared to processed and refined foods, such as white bread.

When you apply the Glycemic Index (GI) to your own diet, you'll be able to choose foods that will contribute to your health and weight management. Choosing foods with a low GI rating will help you to:

- Manage your blood sugar and cholesterol levels
- Control your appetite
- Lower your risk of heart disease and type 2 diabetes

DuraGrain

DuraGrain is here to help you establish a better diet. Using the Glycemic Index, we provide foods and meal plans that will lower your blood sugar, balance your metabolism, help you lose weight, and guide you toward becoming healthier and more active.

About Us

At DuraGrain, we specialize in producing organic, low glycemic index bread. Our bread is for people who want to achieve or maintain a healthy, balanced diet. We bake a tasty, wholesome product that has dietary and health benefits for obese, overweight, underweight, diabetic, and health conscious people who appreciate good food that is packed with nutrition. DuraGrain bread is for people who love and appreciate life, and who want to live longer by maintaining good health and staying in shape.

The Staff of Life

Bread has been a cornerstone of the human diet since biblical times. We at DuraGrain believe that bread should be a healthy and beneficial food, but in recent years, refined grains and processed products have flooded the market. These refined and processed foods are stripped of their natural goodness. But our whole grain bread is loaded with nutrition.

Our products are not adulterated or modified with flavor enhancers or artificial colors, and contain no hidden additives like excess sodium, refined sugar, sweeteners, or dyes. Because our products retain their natural, nutritional integrity, they contribute to your overall health.

Health Benefits

DuraGrain products are wholesome, organic, and full of nutritional benefits. We are committed to bringing healthy foods to your table, foods rich in vitamins, minerals, and fiber.

Our bread is baked with whole grains, which are rich in fiber and other nutrients. A fiber-rich diet has been shown to reduce the risks of diverticulitis, colon and rectal cancer, and atherosclerosis. It also helps lower cholesterol and promotes weight loss.

A low glycemic index diet helps your body digest food in an efficient and healthy manner. Your body doesn't have to work hard to turn DuraGrain foods into energy because our bread helps your body maintain proper metabolism. This means weight loss or maintenance, higher energy, balanced blood sugar and cholesterol levels, and a lowered risk for heart disease and type 2 diabetes.

Put simply, our foods are good for you!

About Our Product

DuraGrain makes organic, unprocessed, and unrefined bread, which is low-impact and has a low glycemic index.

We start with organically grown, high quality, select whole grains. Other bakers grind grains on synthetic mills. We slowly crack our grains on natural stone mills, a technique that minimizes milling and protects the grain from over-processing. This helps the grain retain a greater amount of its nutritional components.

When grain is ground, it becomes very fine and loses its genetic code. Slowly cracked grains, like ours, retain more natural, nutritional value, a quality that also helps the digestive process slow down. This is what sets our bread apart from other organic breads. Increased nutrient content and slow digestion are beneficial to a healthful, balanced diet.

Our bread is non-GMO and contains no additives at all. That means we don't add stabilizers, enzymes, conditioners, refined products, or preservatives. We produce clean, natural, and healthy bread.

At DuraGrain, we don't believe in taking shortcuts. The entire bread baking process is extremely labor intensive. It takes us up to 18 hours just to make one healthy, low impact, low glycemic loaf, and we think it's worth it. We infuse our bread with quality, producing a tasty, healthy, baked product.

Our bakery was designed with health conscious people in mind. We bake goods for people who are obese or overweight, diabetic, underweight, or who are in perfect health and want to stay that way. DuraGrain customers love and appreciate life, and want to live longer by maintaining good health and staying in shape.

And that's not all. We're getting ready to bring even more delicious low glycemic index foods to your table. Here's a quick summary of just a few of the products that we're working on:

- Pizza
- Rice
- Herbal Tea
- Spices

DuraGrain is looking forward to bringing these and many other fine, healthy products to our health conscious customers.

Disclaimer

Any information provided on the DuraGrain website shall not be used for diagnosing or treating health problems, diseases, illnesses, or other medical conditions. This site and the DuraGrain products are not substitutes for professional healthcare. If you need medical attention or advice, please call your health care provider.

Webmaster

If you have any questions, comments, or concerns about the design or functionality of our website, please contact our [Webmaster](#). We greatly appreciate it when you notify us about broken links. To let us know if you're having any problems with our site, please click [here](#).

For other comments and questions about DuraGrain and our products, please visit our [Contact](#) page. We'd love to hear from you and appreciate your feedback.

Contact

If you have any questions, comments, or feedback about DuraGrain or our products, we invite you to contact us.

By e-mail: [\(insert contact e-mail here\)](#)

By phone: [\(insert phone here\)](#)

By mail: [\(insert mailing address here\)](#)

Please use this form to send us your message:

Name: [\(insert 100-character text field here\)](#)

E-mail: [\(insert 100-character text field here\)](#)

Subject: [\(insert 100-character text field here\)](#)

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