# What are the stages of grain development

## Detail Introduction :

In my country's traditional food culture, cereals have always been our staple food, and cereals such a
corn, wheat, and flour products occupy a very important position in the dietary nutrition pagoda. Fro
ancient times to the present, the development of cereals has gone through several stages. What stag
they gone through? The following is a detailed answer to this question.

1. The whole grain stage characterized by temperature saturation energy supply

In different periods of social development, my country’s food consumption has undergone different c
Starting from the Three Emperors and Five Emperors, cereals have been the main source of food for
The ancient processing technology is to use simple wooden tools to peel and eat wheat, rice, etc. Late
were impurity removal windmills, soil milling, soil hulling, stone milling, etc., which were processed in
granular rice and powdered flour. It is whole grains.

2. The stage of pursuing sensory characteristics such as taste and flavor

With the development of science and technology, grain machinery and equipment have become mor
advanced, and grain foods with different processing precisions have also appeared, and the taste and
of the food have been greatly improved. With the refined development of grain processing, after the
refined, the taste and flavor are better, but in the process of refinement and whiteness, a large amou
vitamins, trace elements and phytochemicals in the grain are lost.

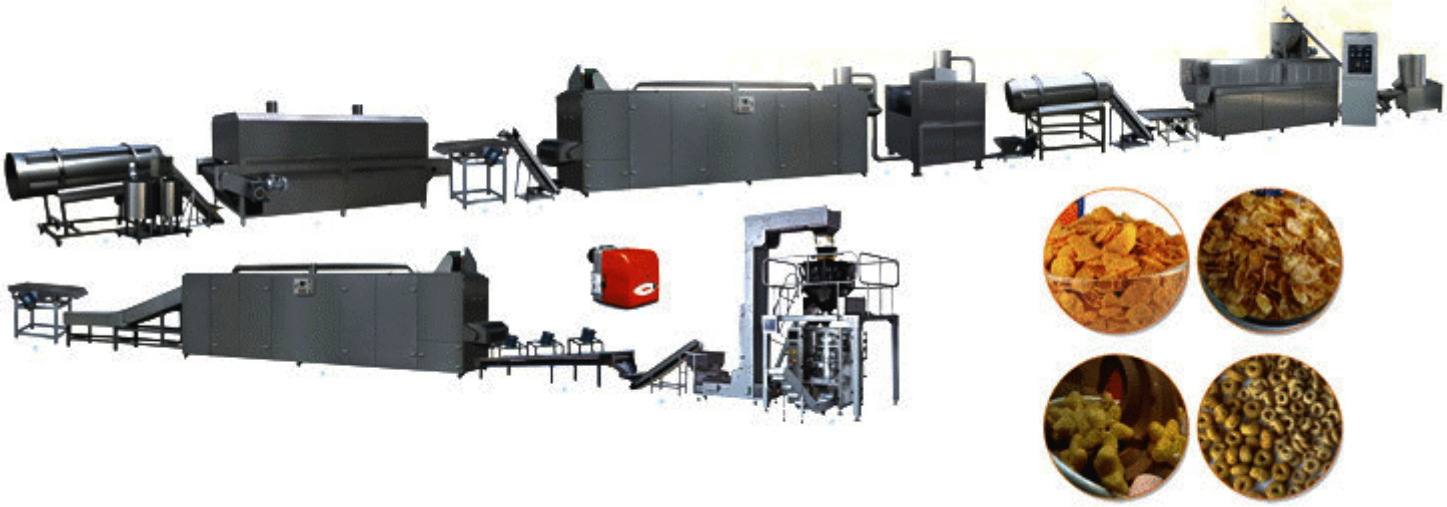
3. The stage of rapid development of nutrient-fortified food

In recent years, my country's urban and rural residents' diet and nutritional status have improved sig and the prevalence of malnutrition and nutritional deficiencies has continued to decline, but at the sa they are also facing the dual challenges of nutritional deficiencies and nutritional imbalances. Therefo fortification has become an important means of improving public nutrition, and the country pays mo attention to the development of grain fortification food.

4. A new stage of diversified development of healthy whole grain foods and grain foods

With the increase of people's health awareness, whole-grain foods such as whole wheat flour, oatme rice, and germinated brown rice have also emerged in China. However, the scale of development of s grain foods is still small and the output is not high, and they are mainly export-oriented. The market i terms of whole wheat, varieties are even rarer, and the only small amount of whole wheat bread and products on the market are mainly products of foreign-funded enterprises.

Although it has just started, this also represents a new development direction. I believe that with the development of society, technological progress and the promotion of potential markets, the develop whole grain food in our country will have a bright prospect. In addition, compared with foreign count development of diversification of grain foods in my country is relatively slow. The overall developmer traditional grain foods, nutrient-fortified foods and whole grain foods is an important direction for th development of grain processing in my country.



5. Modern processing technology of nutritious cereal breakfast food

The original breakfast cereals were produced by steaming, squeezing, and baking. Later, I began to st extrusion technology, mainly using extrusion technology to produce puffed snack foods and tissue pr At this time, the production of cereal breakfast foods was still in its infancy. At present, there are mar of processing techniques for cereal breakfast foods. Such as tabletting and cooking techniques, extru processing techniques and microwave vacuum puffing processing techniques.

The Cereal Production Line is the latest equipment developed specifically for the production of break cereals. It can produce a variety of types and flavors of breakfast cereals, all of which are very high-qu healthy. At present, the Cereal Production Line has been widely used. It can be said that it is the best equipment for processing and producing breakfast cereals.

The above is a detailed introduction to the development stage of cereal breakfast. After reading it, yo have a certain understanding of this. I hope it will be helpful to you and I wish you a happy life.