



Grain Types at a Glance



Grain Type	Best For	Protein %	Flavor & Texture Notes
Hard Red Wheat	Sourdough, crusty loaves	12–15%	Hearty, nutty, rich
Hard White Wheat	Soft sandwich loaves, dinner rolls	10–13%	Milder, soft, beginner-friendly
Soft White Wheat	Muffins, cakes, pancakes	8.5–10.5%	Delicate, light, sweet
Soft Red Wheat	Cookies, brownies, quick breads	8.5–10.5%	Slightly earthy, nostalgic bakes
Ancient Grains	Flatbreads, muffins, dense loaves	Varies	Flavorful, lower-gluten, blendable