



The Types of Wheat and What They're Used For

Durum Wheat, the hardest of all U.S. wheats, contains a high amount of protein (12.16%), which is good for pasta products macaroni, spaghetti, and other noodles.

Hard Red Spring Wheat contains the highest protein content (13-16.5%) making it an excellent bread wheat with superior milling and baking characteristics.

Hard Red Winter Wheat is the class of wheat used mostly for bread and all-purpose flour. This wheat has medium to high protein content (10.13.5%). It has a wide range of protein and good milling and baking qualities. The flour is used to produce bread, rolls, some sweet goods, and all-purpose flour.

Hard White Wheat is the newest class of wheat to be grown in the United States. Hard white wheat is closely related to red wheats except for the color genes and has a milder, sweeter flavor, equal fiber, and similar milling and baking qualities. Hard white wheat is used in yeast breads, hard rolls, bulgur, tortillas, and oriental noodles.

Soft Red Winter Wheat has a low to medium protein content with soft endosperm, and is used to make cakes, pastries, flat breads, and crackers.

Soft White Wheat is used much the same way as soft red wheat (for bakery products other than bread) and has low protein.