

[Souce](#)

The **graham cracker** (/ˈɡrælɪɡ m/, /ˈɡreɪm/, or /ˈɡreɪ.əm/; also **graham wafer**

) was invented in 1829 in [Bound Brook, New Jersey](#)

, by

[Presbyterian](#)

minister

[Sylvester Graham](#)

. The original graham [cracker](#)

was made with

[graham flour](#)

, a combination of finely-ground [unbleached](#)

-wheat flour with the wheat

[bran](#)

and

[germ](#)

coarsely-ground and added back in providing flavor. While graham crackers started out as a mild food, unsweetened or mildly sweetened, they are more commonly known as a sugar or honey sweetened baked good that approaches a

[cookie](#)

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The graham cracker was originally conceived of as a [health food](#) as part of the [Graham Diet](#), a regimen to suppress what he considered unhealthy

[carnal urges](#)

, the source of many maladies according to Graham. Reverend Graham would often lecture on "self-abuse" as masturbation was commonly called at the time. Graham would often say how these experiences were inspired by children eating crackers.

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One of his many theories was that one could curb one's sexual appetite by eating bland foods. Another man who held this belief was

[John Harvey Kellogg](#)

, the inventor of the

[corn flakes](#)

Graham Cracker

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Most modern graham crackers are made mainly of the refined, bleached [white flour](#) to which the Rev. Graham was opposed, and others are made with blends that use unbleached, white flour as a base. Graham crackers have remained popular in North America as a [snack food](#) and breakfast cereal despite, or perhaps because of, the greater amounts of [refined sugar](#) (often mixed with honey) than in the original versions which may have been unsweetened, and far less graham flour, possibly without [all the parts of the wheat](#) included at all.

Some modern, commercial graham crackers could no longer be considered a health food. In fact some of these commercial "graham crackers" are more notable for being topped with a thick crust of [cinnamon](#) and sugar or having [chocolate](#) flavoring or coatings added. Technically, crackers are not really graham crackers unless they are made with [graham flour](#), which is a hard (high protein) wheat flour in which the constituent bran, germ, and [endosperm](#) have been ground separately, the first two coarsely and the third finely.

Despite all of this, basic, modern graham crackers are common in America as a snack for young children, at home or at [preschool](#), early [elementary school](#), and other [child care](#) facilities, sometimes accompanied with [fruit juice](#) or milk