

A GUIDE TO TYPES OF BREAD: WHICH BREAD IS THE HEALTHIEST FOR US?



WHOLE GRAIN BREAD



A common whole grain bread is whole wheat bread. Wheat bread is not a whole grain unless it says "whole" as the first ingredient in the ingredient list.

Whole grain bread gives us the most fiber, vitamins and minerals to keep our bodies healthy.

MULTIGRAIN BREAD



Multigrain bread is usually refined white bread with whole grains added.

Multigrain bread contains some fiber, vitamins and minerals, but less than whole grain bread.

WHITE BREAD



White bread is a refined grain bread. This means some of the grain has been removed.

Refined white bread has the least amount of fiber, vitamins and minerals. It does not give our body as much nutrition as other breads do.

DID YOU KNOW?

A brown color does not always mean that the bread is a whole grain, so be sure to look for "whole" as the first ingredient on the label! See the example below.



Ingredients: **Whole Wheat Flour**, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran

GLUTEN FREE (GF) BREAD



Someone who has Celiac disease or a gluten intolerance needs to choose gluten free bread options.

Just like bread with gluten, there are whole grain and refined grain GF bread options. Be sure to choose a whole grain GF bread for the healthiest GF option!