



Your guide to

# Bread

Carbohydrates, especially bread and pasta, get a bad rap, from causing weight gain to uncontrolled blood sugar levels. And yes, carbs can impact your weight and blood sugar. But it really comes down to the amount and types of carbs that you're eating.

Shopping for good quality carbs — like bread, cereal, pasta and the like — can be tricky. Figuring out what the different labels or claims mean isn't always easy. The Nutrition Facts panel can be a lot of info to understand, too.

This guide will help explain the many different types of bread. It will also teach you how to shop for a loaf of nutritious bread and what to look out for.

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.





# Breaking down these bread buzzwords

Here's the meaning behind some of the most common terms you will find in the bread aisle.

## Wheat vs. Whole wheat

**100% whole wheat**  
**100% whole grain**

**Multigrain**  
**12 grain, 7 grain, (etc.)**

**Sprouted grains**

**Gluten-free**

**Enriched**

**Wheat bread:** It can be misleading when bread is coined "wheat bread." Wheat bread means the bread is made with wheat flour. It does not mean it is made with whole wheat flour, aka a whole grain. In most cases, the bread is made with a refined flour and brown colouring is added. In other words, it's like white bread nutritionally.

**Whole wheat bread:** When the packaging says "whole wheat bread," this means there are whole grains in the loaf.

**100% whole wheat** or **100% whole grain** means all the grains found in the bread are whole. There are no refined grains.

**Multigrain** terms sound healthy, but they can be a little misleading. Bread can contain 12 grains, but it doesn't guarantee that any are whole grains.

**Sprouted grains** means the whole grain has sprouted before being made into flour. This is a good thing. Sprouted grains are easier for our bodies to digest. They're also nutrient-rich.

**Gluten** is a protein found in some grains, like wheat and rye. There are also grains that are naturally gluten-free. Some of these grains include rice, buckwheat and quinoa.

**Enriched** means that certain nutrients have been added to the product. This is often the case with refined grains like those found in typical white bread.

# Healthy bread shopping tips

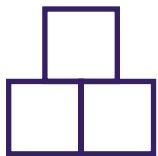
Now that you understand some common bread terms, it's time to go shopping. There are usually *a lot* of options in the bread aisle. But don't feel overwhelmed. Here's what to look for (and what to avoid).



**Read the ingredients.** Make sure the first ingredient is a whole grain. If it's a 100% whole grain, this is even better.



**Fill up on fibre.** Aim for 3 grams or more of fibre per slice. The more the better. Fibre helps to keep you feeling fuller longer. It can also help you manage your blood sugar.



**Limit added sugar.** You can find added sugars listed on the Nutrition Facts panel. Aim for a bread with less than 5 grams of added sugar per slice. There are many options without any added sugar available as well.



**Limit sodium to less than 200 mg per slice.** Salt is common in bread, so make sure you read the label to figure out how much is in a serving.



**If consuming whole grain bread is new for you, be sure to add an extra glass of water or two to your meal as well.** The more fibre you consume, the more water is needed, especially when adding more fibre to your usual intake.