

Good news for your waistline

THE A-Z OF BREAD AND WEIGHT LOSS

achieve weight loss success with fibre-rich starchy foods such as wholemeal bread. Scientists have shown that diets low in fat and high in fibre-rich starchy foods fill you up for longer and leave you more satisfied. Therefore you're less likely to want to snack.



beat The Bloat. Many people believe that bloating is caused by irritable bowel syndrome or as a result of a wheat intolerance. The latter is actually very rare. According to dietitians the main causes of bloating are hormone fluctuations, irregular meal patterns, over-eating and stress-related indigestion. Also too much fruit, spicy food and fizzy carbonated drinks can cause bloating.

choice. In the UK there are currently more than 200 varieties of bread on the market so every taste is catered for. From seeded granary to fibre rich white bread to soda bread and tomato bread there's lots of tasty options on offer.



dietary fibre. Wholemeal bread is a high fibre source with 7g in three medium slices. In the UK most people do not eat enough fibre (the average intake is 12g per day). The recommended intake for adults is currently 18g per day. A low fibre intake is associated with constipation and some gut diseases such as diverticulitis and an increased risk of bowel cancer.

eatwell.gov.uk/healthydiet Government healthy eating guidelines recommend that one third of our total calories each day should be in the form of fibre-rich starchy foods such as wholemeal bread.

fortification. Since world war two, white flour used to make white bread has been fortified with calcium, iron and the B vitamins.

glycaemic Index (GI). The GI of a food is an indication of how that food, eaten in isolation, will affect blood glucose levels. According to GI tables, food like bread, broad beans, carrots, bananas and most fruits are all high GI foods. However focusing on GI values alone leads to unhealthy dietary choices. No single food contains all the essential nutrients the body needs to be healthy and function efficiently. A healthy balanced diet is based on choosing foods from all the major food groups including carbohydrates, protein and fat.



healthy offerings. Latest developments include breads with added health benefits including omega 3 fats, prebiotic fibre, and seeds.

inspirational serving ideas and nutritional advice can be found on www.fabflour.co.uk

just do it. Exercise in combination with a calorie controlled diet, can help achieve your target weight and maintain it. The Department of Health recommends that people trying to lose weight should aim for between 45-60 minutes of physical activity per day.



keep on your weight loss target with 3 meals and 2 snacks each day.

low fat. When eaten as part of a calorie controlled diet, bread can provide quick and convenient meals and snacks to help you achieve your target weight.

myth about wheat allergy. Studies have shown that while 20% of the population think they have a food allergy, the reality is less than 1.5% of adults actually suffer from any adverse reaction to food. Less than 1% (excluding coeliac disease) of allergies are actually caused by wheat. If you think you have a suspected food intolerance, ask your GP to refer you to a dietitian with experience of working with intolerance and allergy, who will recommend and monitor appropriate treatment.

nutritious and versatile. Containing carbohydrate, B vitamins, iron, calcium and fibre, bread is the 'staff of life'.



obesity. According to government figures one in four UK adults is now obese. Check out our website recommendations for advice on healthy eating and nutrition advice.

protein makes up between 10-12% of wheat flour. This is required for the growth, maintenance and repair of the body.

quack claims. There is no scientific evidence to support detox health claims. The body is designed to rid itself of unwanted toxins without a detoxification programme.

reduction in salt content. Over the past decade the salt content of bread has been reduced by 30% with a 10% reduction in the last two years.



satiety. The high fibre content of wholemeal and whole grain breads means you feel full and you're less likely to want to snack.

three a day – wholegrains. If you opt for wholegrain breads you'll gain even more health benefits. Wholegrains can help reduce the risk of illnesses such as heart disease, stroke, certain types of cancer and type 2 diabetes. We should eat at least 48g of wholegrains daily which is basically three 16g portions. You can

easily achieve a 16g portion with 1 medium slice of wholemeal bread or 2 wholemeal pitta bread.

use a low fat spread instead of butter to save on extra calories.



value for money. Penny for penny, bread provides more protein, iron, B vitamins and complex carbohydrates than any other food.

web sites for further information on nutrition and healthy eating advice.

British Nutrition Foundation www.nutrition.org.uk

British Dietetic Association www.bda.uk.com

National charity for irritable bowel syndrome.

www.theguttrust.org

xtra reductions. Reducing portion sizes is central to weight loss and maintenance.

yo-yo or fad diets do not succeed in maintaining weight loss and have long-term health implications both mental and physical. These include bone density loss leading to bone fractures and emotional problems such as depression and binge eating.

zzz. A good night's sleep can help with weight control. Research has shown that sleep loss reduces the "appetite control" hormone called leptin. Lower levels of leptin have been linked with obesity.

