

BREAD



FOR LIFE

You've probably heard the saying 'Information is power' well it's certainly true when it comes to managing your weight. Having reliable information and facts and figures at your finger tips will help you make the right choices when deciding what to eat, which is why we've put together this leaflet. The aim is to dispel some of the myths about bread and dieting as well as providing nutritional information about the different varieties of bread available and practical ideas for healthy ways to incorporate bread in your diet. We hope you find the leaflet informative and helpful.

If you would like more tips, advice on healthy eating or some recipe ideas to inspire you, log onto

www.fabflour.co.uk

SORTING THE FACT



We hear so much these days about what we should and shouldn't eat to stay healthy and lose weight it can be hard to sort the fact from the fiction.

Low carb diets are the best way to lose weight **Fiction**

Despite all the media hype about the Atkins diet there is no scientific evidence to suggest low carb diets are any more effective than any other calorie controlled diet plan. In fact most nutritionists believe that carbs are an important part of a healthy balanced diet for everyone even people who are trying to lose weight.

Bread causes bloating **Fiction**

There is no scientific evidence to support this. A survey carried out by the *Grain Information Service* revealed that the main causes of bloating were monthly hormone fluctuations, over eating, irregular meal patterns and stress related indigestion. One reason that women often feel bloated after a sandwich lunch is because they eat too quickly and don't chew their food properly. Drinking fizzy drinks (even sparkling water) with meals, talking while you're eating and chewing gum may also cause bloating.

Fibre rich foods help you feel full for longer **Fact**

Fibre rich foods like wholemeal and malted wheatgrain bread are more filling which means you're less likely to want to snack between meals. A fibre rich diet will also help to keep your digestive system healthy.

There are over 200 varieties of bread available and most are low in fat. Certain types of specialty breads such as ciabatta and focaccia have a higher fat content although it's worth remembering that they are often eaten without adding extra fat in the form of butter or margarine.

White bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbo-hydrate (g)	Fibre (g)
Per 100g	219	1.6	0.3	46.1	1.9
Per slice (38g)	83	0.6	0.1	17.5	0.7

Wholemeal bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbo-hydrate (g)	Fibre (g)
Per 100g	217	2.5	0.5	42	5
Per slice (38g)	82	0.9	0.19	16	1.9

Malted wheat-grain bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbo-hydrate (g)	Fibre (g)
Per 100g	255	1.3	0.2	55.1	2.4
Per slice (38g)	96.5	0.49	0.07	21	0.9

Seeded Bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbo-hydrate (g)	Fibre (g)
Per 100g	258	4.8	0.6	43.6	3.9
Per slice (38g)	98	1.8	0.220	16.5	1.4

Pitta Bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbo-hydrate (g)	Fibre (g)
Per 100g	255	1.3	0.2	55.1	2.4
Per slice (75g)	191	1	0.1	41.3	1.8

WHAT'S IN YOUR LOAF?



CHECK OUT
THE STATS

Ciabatta	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Fibre (g)
Per 100g	271	3.9	0.6	52	2.3
Per slice (25g)	68	0.97	0.15	13	0.6

Focaccia	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Fibre (g)
Per 100g	361	7	1.5	68	2.8
Per slice (25g)	90	1.75	0.37	17	0.7

Rye bread	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Fibre (g)
Per 100g	219	1.7	0.3	45.8	4.4
Per slice (25g)	55	0.4	0.1	11.4	1.1

Tortilla wrap	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Fibre (g)
Per 100g	299	6	3.7	52.9	1.6
Per wrap (61.2g)	183	3.7	2.3	32.4	0.9

Bagel	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrate (g)	Fibre (g)
Per 100g	273	1.8	0.3	58	2.4
Per bagel (85g)	232	1.5	0.25	49	2.0

USE YOUR LOAF



GET SPREADING

Light and tasty sandwich fillings

- ◆ **Mushroom, soft cheese and alfalfa** – spray a non stick pan with a little oil and cook a handful of finely chopped mushrooms until soft. Allow to cook then stir into low fat soft cheese, stir in one finely chopped anchovy or a squeeze of anchovy essence and spread between 2 slices of rye bread
- ◆ **Cheese, roasted red pepper and rocket** – spread 2 slices of wholemeal bread with low fat soft cheese, add strips of roasted red pepper and a handful of rocket.
- ◆ **Hummus and carrot wrap** – spread 1 small flour tortilla with reduced fat hummus, add 1 small grated carrot, roll and serve.
- ◆ **Chicken tikka and minted mayo** – slice some ready prepared chicken tikka fillets into thin strips. Mix 1tsp of reduced fat mayonnaise with 1 tsp of mint sauce and spread over 2 slices of bread, add chicken tikka and a handful of beansprouts.
- ◆ **Roast turkey and cranberry** – spread 2 slices of malted wheatgrain bread with low fat mayonnaise – add slices of wafer thin roast turkey and cranberry sauce.
- ◆ **Prawn and sweet chilli pitta** – mix large handful of cooked peeled prawns with 1tsp of reduced fat mayonnaise and 1tbsp of sweet chilli sauce and some sliced radish and cucumber and spoon into a wholemeal pitta.

DID YOU KNOW?

2 slices of white bread will provide a woman aged 19-50 with

- ◆ 14% of the Recommended Daily Amount of calcium
- ◆ 7.5% of the Recommended Daily Amount of iron
- ◆ 20% of the Recommended Daily Amount of vitamin B1

2 slices of wholemeal bread will provide

- ◆ 22% of your Recommended Daily Amount of fibre

The average slice of bread contains around 80 calories (about the same as a small banana). The calories only really start to add up when you add lots of fat such as butter or margarine. In fact you could easily double the number of calories by spreading a generous amount of butter – so a good rule to remember is to *'cut it thick spread it thin!'*

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