

# LET'S GET SOME BREAD!

Walking down the bread aisle may leave you confused and overwhelmed. With so many options it's hard to know what makes each one different and which is the best option for your family. When picking a bread option it's important to look at the nutrition label (lesson from last week) and the ingredient list. When looking at the nutrition label pay close attention to the fiber, added sugar and vitamins and minerals. When looking at the ingredient list, check out the first ingredient - tells you the ingredient most in the product.

## KEY VITAMINS AND MINERALS

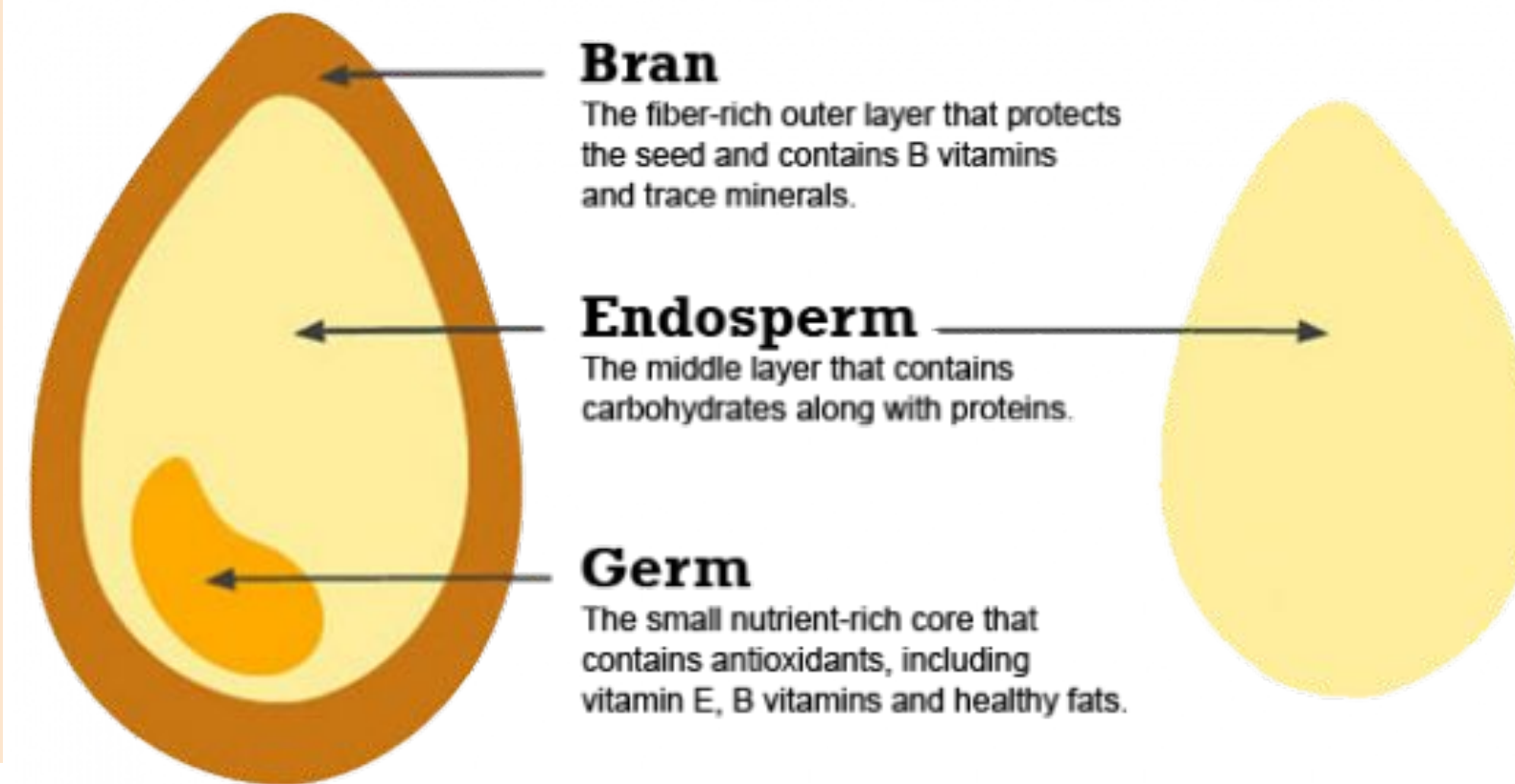
### IRON:

Helps with red blood cell production and oxygen delivery to organs and muscles.

### B VITAMINS:

A group of vitamins that helps your body process energy from the foods you eat. They also help form red blood cells.

## Whole Grain vs. "White" Grain



## WHAT IS FIBER?

### SOLUBLE FIBER

Slows digestion by attracting water and turning into a gel. Found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables.

### INSOLUBLE FIBER

Adds bulk to the stool and appears to help food pass more quickly through the digestive system. Found in foods such as wheat bran, vegetables, and whole grains.



Whole Wheat



Multigrain



White



Gluten-Free

### What does it mean?

100% Whole Wheat means the first ingredient is "whole wheat flour" meaning the grain was left intact packing the most iron, B vitamins and fiber into each slice.

### Should I buy?

Whole wheat bread is your best option. It will pack the most nutrients per slice. Be cautious of added sugars (ex. honey)!

### What does it mean?

This is a case of "more" is not always better. Multigrain means that the bread is made from "multiple" grains - including whole whole, oats, millet, barley, rye etc.

### Should I buy?

Great way of getting a variety of grains in your family's diet. Can pack as much fiber as the whole wheat option if the first ingredient is still "whole wheat flour."

### What does it mean?

White breads are made from a refined grain - typically listed as an "enriched flour" which means fiber, iron and the B vitamins were removed, but only the iron and B vitamins were added back after the bread was made.

### Should I buy?

While "enriched grains" add the iron and B vitamins back in, white breads still lack fiber. The recommendation is half your grains a day "whole", so if you pick this type make sure to add other whole grains into your diet.

### What does it mean?

Gluten is a protein found in wheat, rye and barley. Individuals with Celiac disease should avoid products containing these ingredients.

### Should I buy?

If you have Celiac disease or are gluten intolerant this is a great option for you. Gluten free products can still pack the same grams of fiber if you opt for a whole grain option.