

TOP 5 BREADS

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Bread is a staple product in most people's diet. Making a healthy choice when selecting your bread can result in significant health benefits, particularly if losing weight is a health goal. Use these 5 breads as your **gold standard** when comparing against other breads.



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Brand Product Name	Per Serve (2 slices of bread)				
	Energy (kJ)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Fibre (g)
Burgen (W&C) Wholemeal & Seeds ✓✓✓	765	11.0	19.3	320	9.0
Bakers Life (A) 85% Lower Carb, Higher Protein Bread *✓✓✓	1038	23.6	5	340	10.7
Tip Top (W&C) Wholemeal Sandwich Thins ✓✓	412	3.9	15.8	139	3.1
Tip Top (W&C) 9 Grain Wholemeal ✓✓✓	822	9.8	24.2	292	6.9
Helga's (W&C) Wholemeal grain ✓✓✓	940	8.1	35.2	325	6

Key: (W) – Woolworths, (C) – Coles, (A) – Aldi

Whole grain Content: Source of whole grain (≥ 8g/serve) (✓), high in whole grain (≥ 16g/serve) (✓✓), very high in whole grain (≥ 24g/serve) (✓✓✓), predicted very high in whole Grain (✓✓✓)*

ENERGY

For health and weight management, a suitable energy content would be < 850kJ per 2 slices.

SODIUM

Aim for < 400mg per 100g.

FIBRE

Aim for > 3g of fibre per 2 slices.

WHOLE GRAIN

Aim for a bread which is highest in whole grain content.