

FACTSHEET: BREAD AND BREAD PRODUCTS

Bread and a balanced diet:

Bread has long been an important part of most Australians' diets, with 82 per cent of us eating it each day.¹

Boasting a wide range of nutrients, bread is also a nutritious food. In fact, grain foods like bread contain more than 26 different natural substances that keep us healthy, such as fibre, B-group vitamins, folate, thiamin, zinc, vitamin E and antioxidants. And when paired with other healthy additions like lean meat, dairy foods, fruit and vegetables, nuts and seeds, bread can play a key role in healthy eating.³⁻⁹

Bread: what's on our supermarket shelves in 2017?

As part of the Grains & Legumes Nutrition Council (GLNC's) rolling annual audit, a wide range of bread products from the four major retailers in Sydney were examined.

The comprehensive product audit analysed 456 total bread products including:

- **243 Loaves**
 - 81 White Loaves
 - 141 Wholemeal/whole grain Loaves
 - 21 Gluten Free Loaves
- **53 Rolls (Inc. burger buns & hot dogs)**
 - 34 White Rolls
 - 13 Wholemeal/whole grain Rolls
 - 6 Gluten Free Rolls
- **73 Sandwich Alternatives**
 - 55 Wraps
 - 3 Sandwich Thins
 - 11 Lebanese Bread
 - 4 Pita Breads
- **24 Flatbread**
 - 21 Turkish Breads
 - 2 Ciabatta Breads
 - 1 Indian (e.g. naan)
- **63 Bakery Breakfast**
 - 3 Crumpets
 - 33 Fruit Breads
 - 4 English Muffins
 - 10 Pancakes & Pikelets
 - 9 Brioche
 - 4 Bagels

Products from the supermarket's bakery section, breadsticks/baguettes, and breads with added ingredients (i.e. olives, cheese) were excluded from the audit.

Audit findings:

29% of all breads were a source of whole grains ($\geq 8\text{g}/\text{serve}$)

Nearly half of wholemeal/whole grain loaves were a good source of fibre

57% of all sliced loaves were a source of protein

95% of breads were low in sugar

More than half of all breads met the Government's target of $\leq 400\text{mg}/100\text{g}$ of sodium

Whole Grain:

- On average, bread products provide 20 per cent of your whole grain Daily Target Intake (DTI)/serve
- Wholemeal/whole grain sliced loaves, rolls, and sandwich thins were the best source of whole grain amongst all breads
- No white sliced loaves, white rolls, gluten free rolls or pita breads were eligible to make a whole grain claim

Sub Category	Type	AVERAGE g per serve	RANGE g per serve	ELIGIBLE TO MAKE CLAIM $\geq 8\text{g}/\text{serve}$ (%)	CONTAINS 8- 16g/serve (%)*	HIGH 16- 24g/serve (%)*	VERY HIGH $\geq 24\text{g}/\text{serve}$ (%)*
Sliced Loaves	Whole meal/ whole grain	24	2 - 75	67	27	21	52
	Gluten Free	1	1 - 14	5	0	0	100
Total bread products		10	0-75	28	25	22	51

*% calculated out of the total number of **eligible** products in the category

Dietary Fibre

Unsurprisingly, whole meal/whole grain sliced loaves and rolls were the best source of fibre, with an average of 5g per serve, or one sixth of the 30g Recommended Dietary Intake (RDI)

Sub Category	Type	AVERAGE g per serve	RANGE g per serve	AT LEAST A SOURCE ≥2g/serve (%)	SOURCE ≥2g/serve - <4g/serve (%)	GOOD SOURCE ≥4g/serve - <7g/serve (%)	EXCELLENT SOURCE ≥7g/serve (%)
Sliced Loaves	White	3	1 - 7	62	47	15	0
	Wholemeal/ whole grain	5	1 - 11	90	32	47	11
	Gluten Free	4	1 - 7	81	48	24	10
Total bread		3	0-11	68	54	37	8

Carbohydrates

- Carbohydrate content varied among bread, between 5g-76g per serve.
- Wholemeal/whole grain sliced loaves had an average of 29g per serve - slightly lower than white sliced loaves, with an average of 34g per serve.
- Flatbreads had the highest average carbohydrate content per serve while Sandwich Thins had the lowest.

Sub Category	Type	AVERAGE g per serve	RANGE g per serve
Sliced Loaves	White	34	16-58

	Wholemeal/ whole grain	29	5-60
	Gluten Free	30	11-39
Sandwich Alternatives	Thins	17	16-18
Flatbread		51	5-76
Total bread		31	5-76

Protein

- Interestingly, 1 in 5 wholemeal/whole grain sliced loaves, and 42 per cent of flatbreads were a *good source* of protein, offering at least 10g per serve
- Close to a quarter of white sliced loaves were a *source* of protein, with at least 5g per serve
- Gluten free sliced loaves and sandwich thins had the least protein

Sub Category	Type	AVERAGE g per serve	RANGE g per serve	SOURCE ≥5g/serve (%)	GOOD SOURCE ≥10g/serve (%)
Sliced Loaves	White	6	1 - 12	73	7
	Wholemeal/ Whole grain	8	2 - 24	65	20
	Gluten Free	4	1 - 8	24	0
Total bread		6	1-24	57	12

Sodium

- More than half (237 products) met the Australian Government's reformulation target of ≤400mg/100g sodium.
- Sodium varied widely: between 57-1400mg per 100g

- Few breads were considered low in sodium, but interestingly, gluten free versions had the lowest of all loaves audited, with 90 per cent meeting the reformulation target

Sub Category	Type	AVERAGE mg per 100g	RANGE g per 100g	LOW IN SODIUM ≤120mg/100g** (%)	BENCHMARK ≤400mg/100g (%)
Sliced Loaves	White	472	237 - 710	0	37
	Wholemeal/ Whole grain	431	199 - 1400	0	58
	Gluten Free	380	280 - 500	0	90
Total bread		445	57-1400	0	52

Sugar

- Concern around added sugar was one of the top four reasons for avoiding bread in 2017, yet 90 per cent of all breads were considered low in sugar (≤5g/100g).
- Results were fairly similar among categories, aside from bakery breakfast products, which included sweet breads like brioche, pancakes/pikelets, and fruit bread and had an average of 10g/serve

Sub Category	Type	AVERAGE g per serve	RANGE g per serve	Low in Sugar: ≤5g per 100g (%)
Sliced Loaves	White	2	0 - 7	97
	Wholemeal/ Whole Grain	2	0 - 8	89
	Gluten Free	3	0 - 5	90
Total bread		3	0-30	90

Top tips on choosing a healthy bread:

- Look for whole grain options, which are in turn likely to be higher in fibre, protein, and lower in sodium – look for the word 'whole' or 'whole grain.'
- Aim to reach your Daily Target Intake of 48g of whole grains (two slices of wholemeal/whole grain bread can provide around half of this)!
- Choose breads with 2g or more fibre per serve to reach your 30g/day target

Top five bread recommendations:

After some inspiration for different breads to try? The following breads had the highest amount of whole grain of those audited:

- Baker's Delight Wholemeal Rye Loaf (75g whole grain /serve)
- Mission Low GI Wraps (45g whole grain/serve)
- Baker's Delight Chia and Fruit Loaf (38g whole grain/serve)
- ALDI BAKERS LIFE Lebanese Wholemeal Flatbread (37g whole grain/serve)
- Tip Top Wholemeal English Muffins (25g whole grain/serve)



References

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