



Shopper's Guide

Pass the Bread Please

Sliced bread may seem like a mere vehicle for your sandwich fillings, but it can be much more. Bread can be a terrific source of fiber, whole grains, vitamins, and minerals in your diet. Plus, it can provide delicious flavor, thanks to the tremendous variety of breads now available in supermarkets. You can find breads with a variety of grains, such as wheat, oats, and rye; added ingredients such as sprouted seeds and nuts; and beneficial nutritional qualities, such as high fiber. So, with so many varieties of breads, as well as labels claiming health benefits, how can you pick the best loaf?



Helpful hints. Keep these ideas in mind the next time you're browsing the bread aisle.

- ▶ **Check the ingredients list.** The first ingredient should be a whole grain, such as whole wheat, oats, or rye. Don't be tricked by terms like "made with whole grains" on the package label, which doesn't indicate the amount of whole grains in the product.
- ▶ **Size matters.** While most sliced breads hover around the same size—around 35–40 grams (g) per slice, there are a few outliers on either end. Those closer to 25 g might not be satisfying enough, while the large ones, closer to 50 g, are more calorically dense. That's important, especially if you tend to eat two slices at a time.
- ▶ **What's inside counts, too.** What you pair your bread with can help you create a nutrient-rich meal or snack. Try adding vegetables, like baby spinach, tomatoes, grated carrots, and pepper slices, along with mashed avocado or hummus as a spread. Choose lean meats if you add animal proteins to your sandwich. Your favorite nut butter paired with sliced bananas, apples, or pears is another delicious, nutrient-packed option.
- ▶ **Fiber source.** While most bread gets its fiber naturally through whole grains, some of those with especially high fiber contents rely on supplemental fiber from sources like chicory root. You'll still obtain some benefits from these supplemental sources, but make sure that you are reaping the rewards of whole grains, which have been linked to numerous health benefits, such as lower risk of heart disease, obesity, and type 2 diabetes.

—Heidi McIndoo, MS, RD

Sandwich Bread Nutritional Comparison

✓ = EN's Picks. As with all EN comparisons, this is only a sampling of products. Picks contain no more than 160 mg sodium (7% DV) and at least 3 g fiber (12% DV).

| SANDWICH BREAD (1 SLICE) | Calories | Total Fat (g) | Sat Fat (g) | Carb (g) | Sodium (mg) | Fiber (g) | Sugar (g) | Protein (g) |
|---|----------|---------------|-------------|----------|-------------|-----------|-----------|-------------|
| ✓ 365 Oat & Honey Fiber Bread | 100 | 1.5 | 0 | 19 | 150 | 3 | 2 | 5 |
| 365 Organic Mighty Multigrain | 100 | 1 | 0 | 20 | 180 | 2 | 2 | 3 |
| ✓ 365 Organic Touch of Honey Whole Wheat | 100 | 1 | 0 | 19 | 160 | 3 | 2 | 4 |
| 365 White Sandwich Bread | 110 | 1.5 | 0 | 20 | 190 | 1 | 3 | 4 |
| Arnold Country White | 120 | 1.5 | 0 | 22 | 160 | <1 | 3 | 3 |
| Arnold Extra Grainy 17 Grains & Seeds | 110 | 2.5 | 0 | 18 | 180 | 4 | 2 | 5 |
| ✓ Arnold Healthfull Steel Cut Oats & Honey | 80 | 1 | 0 | 15 | 135 | 3 | 2 | 3 |
| ✓ Arnold Whole Grains Healthnut | 110 | 2 | 0 | 19 | 160 | 3 | 3 | 5 |
| Barowsky's Whole Grain Organic 12 Grain | 110 | 1.5 | 0 | 21 | 220 | 3 | 2 | 4 |
| Eureka! Grainiac Organic Bread | 130 | 3 | 0 | 22 | 200 | 5 | 4 | 6 |
| Eureka! Saaa-Wheat! Organic Bread | 100 | 3.5 | 0 | 21 | 190 | 4 | 4 | 6 |
| ✓ Food For Life Ezekiel 4.9 | 80 | 0.5 | 0 | 15 | 75 | 3 | 0 | 4 |
| ✓ Food For Life Ezekiel 4.9 Flax | 80 | 1 | 0 | 14 | 70 | 4 | 0 | 5 |
| Freihofer's Stone Ground 100% Whole Wheat | 80 | 1 | 0 | 15 | 160 | 2 | 2 | 4 |
| Fiber One 100% Whole Wheat Bread | 100 | 1.5 | 0 | 23 | 170 | 7 | 4 | 5 |
| ✓ Fiber One 9 Grain | 110 | 1.5 | 0 | 25 | 135 | 6 | 4 | 4 |
| ✓ Fiber One White Bread 100 Calorie | 50 | 1 | 0 | 12 | 105 | 3.5 | 2 | 2 |
| Matthew's All Natural Whole Wheat Bread | 70 | 1 | 0 | 14 | 140 | 2 | 2 | 4 |
| Nature's Harvest 100% Stone Ground Whole Wheat | 60 | 0.8 | 0 | 14 | 90 | 1.5 | 2 | 3 |
| Nature's Harvest Potato | 110 | 1 | 0 | 22 | 170 | 2 | 3 | 3 |
| ✓ Nature's Harvest Light 100% Whole Wheat | 40 | 0 | 0 | 9 | 85 | 3 | 0 | 3 |
| ✓ Pepperidge Farm Farmhouse Whole Grain White | 110 | 1 | 0 | 22 | 160 | 3 | 3 | 3 |
| ✓ Pepperidge Farm Whole Grain Ancient Grains | 110 | 1.5 | 0.5 | 20 | 110 | 3 | 3 | 5 |
| Pepperidge Farm Whole Grain Seedless Rye | 80 | 1.5 | 0 | 15 | 210 | 2 | 1 | 3 |
| Sara Lee Honey Wheat | 70 | 0.5 | 0 | 13 | 110 | <1 | 2 | 2 |
| Sara Lee Whole Grain Soft & Smooth 100% Whole Wheat | 60 | 1 | 0 | 11 | 110 | 2 | 2 | 3 |
| Sara Lee Whole Grain Soft & Smooth White Bread | 65 | 1 | 0 | 13 | 125 | 1.5 | 2 | 3 |
| Trader Joe's 100% Whole Grain Fiber Bread | 90 | 1.5 | 0 | 18 | 170 | 5 | 2 | 4 |
| Trader Joe's California Style Sprouted Wheat Bread | 80 | 0 | 0 | 15 | 150 | 2 | 1 | 5 |
| Trader Joe's Quinoa Bread | 85 | 1.5 | 0 | 15 | 75 | 1.5 | 1 | 4 |
| Trader Joe's 100% Whole Grain White Wheat Bread | 90 | 1 | 0 | 18 | 180 | 3 | 0 | 4 |
| Udi's Gluten Free Millet-Chia Bread | 75 | 2 | 0 | 1 | 150 | 2.5 | 1 | 3 |
| Udi's Gluten Free Soft & Hearty Whole Grain Bread | 70 | 2 | 0 | 12 | 145 | 1 | 1 | 2 |
| Vermont Bread Company Organic Sprout | 90 | 1 | 0 | 17 | 160 | 2 | 2 | 3 |
| Vermont Bread Company Whole Wheat Sourdough | 70 | 1 | 0 | 15 | 125 | 2 | 1 | 3 |
| When Pigs Fly Multigrain Anadama | 120 | 0.5 | 0 | 25 | 160 | 1 | 1 | 4 |
| When Pigs Fly Pumpnickel | 110 | 1 | 0 | 23 | 160 | 1 | 2 | 3 |
| Whole Food Organic 100% Whole Wheat | 100 | 2 | 0 | 17 | 180 | 3 | 2 | 4 |
| Wonder 100% Whole Wheat | 60 | 0.5 | 0 | 11 | 105 | 2 | 0 | 4 |
| Wonder Classic White | 65 | 1 | 0 | 13 | 80 | 1 | 2 | 2 |

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calories/day. Source: Food Labels and Product Websites