



Shopper's Guide

Best in Whole Wheat Bread

Despite the gluten-free fad flooding the supermarket aisles, it's important to realize that whole wheat bread can be an important source of



Look for whole grain as the first ingredient in sliced breads.

whole grains, fiber, vitamins, and minerals in your diet. Consuming whole grains has been linked with a multitude of benefits, including reduced risks of heart disease, certain types of cancer, hypertension, and type 2 diabetes. While refined grains are processed to remove the bran and germ, whole grains include all of the parts of the grain. It's all right to include some refined grains in your diet, but you should try to aim for at least half of your grain choices in their whole grain form.

Choosing whole wheat sandwich bread requires a little investigation to make sure you're buying what you *think* you are. First, make sure the first ingredient is "whole wheat". The term "enriched wheat flour" is another name for refined flour, which is not whole grain. If you see "100% whole wheat" on the label, it indicates the bread contains only whole wheat. "Whole wheat" bread contains some whole wheat, but probably also contains refined wheat. "Multigrain" bread contains more than one grain, but it may or may not contain grain in its whole form.

Helpful Hints. Keep the following in mind when selecting wheat bread.

- ▶ **Fiber Check.** Check the nutrition facts panel and choose bread with at least 3 grams (g) of fiber per slice.
- ▶ **Serving Size Sense.** For most bread the serving size is one slice, but for some the serving is 2 or 3 slices. For these breads, don't be tricked into thinking you're getting 3 g of fiber per slice, when it is actually the amount found in multiple slices.
- ▶ **Salt Test.** In most breads, sodium levels are acceptable. However, those that contain more than 200 milligrams per slice can add up if you're eating multiple slices at a time as you would in a sandwich. **EN**

—Heidi McIndoo, MS, RD

Whole Wheat Sliced Bread Nutritional Comparison

✓ = **EN's Picks.** As with all **EN** comparisons, this is only a sampling of products. Picks list the first ingredient as whole wheat, and contain at least 3 g fiber (12% DV) and no more than 170 mg sodium (7% DV).

WHOLE WHEAT SLICED BREAD (1 slice)	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Whole Wheat*
Pepperidge Farm Swirl 100% Whole Wheat	28	80	1.5	0	14	105	2	4	3	*
Pepperidge Farm Whole Grain Bread 100% Whole Wheat	43	110	2	0.5	20	105	2	4	3	*
✓ Pepperidge Farm Honey Wheat	43	110	2	0.5	21	110	3	4	5	*
Pepperidge Farm Light Style 100% Whole Wheat	19	45	0	0	9	70	2	1	2	*
Pepperidge Farm Very Thin 100% Whole Wheat	15	37	1	0	7	60	1	1	2	*
✓ Pepperidge Farm Farmhouse 100% Whole Wheat	43	120	2	0.5	20	150	3	3	4	*
✓ Pepperidge Farm Farmhouse Whole Grain White	43	110	1	0	22	160	3	3	3	*
✓ Panera Bread @Home 100% Whole Wheat	36	90	1.5	0	16	170	3	2	5	*
✓ Panera Bread @Home Ancient Grains	36	90	1	0	17	140	3	2	5	*
✓ Fiber One 100% Whole Wheat	48	100	1.5	0	23	170	7	4	5	*
Fiber One 100 Calorie Bread Multigrain	25	50	1	0	11	68	4	2	3	
✓ Dave's Killer Bread 21 Whole Grains & Seeds	45	120	2	0	22	115	5	5	5	*
Wonder 100% Whole Wheat	25	60	0.5	0	11	105	2	0	4	*
Nature's Own 100% Whole Wheat	28	60	1	0	12	115	2	1	4	*
Country Kitchen Canadian Wheat	39	110	2	0.5	19	150	2	2	3	
Freihofer's Stone Ground 100% Whole Wheat	36	80	1	0	15	160	2	2	4	*
Country Kitchen Simply Whole Grain 100% Whole Wheat	43	110	2	0	19	230	3	2	4	*
Sara Lee 100% Whole Wheat	26	60	1	0	12	120	2	1	3	*
Sara Lee Delightful 45 Calorie Bread 100% Whole Wheat	23	45	1	0	9	95	2.5	1	3	*
Nature's Harvest Stone Ground 100% Whole Wheat	26	60	1	0	14	110	1.5	2	3	*
✓ Nature's Harvest Light 100% Whole Wheat	22	40	0	0	9	85	3	0	3	*
Arnold Stoneground 100% Whole Wheat	25	60	1	0	10	100	1.5	1	3	*
✓ Arnold Whole Grains 100% Whole Wheat	43	100	1.5	0	19	160	3	3	4	*
✓ Arnold Whole Grains Double Fiber	43	90	1.5	0	19	140	6	2	4	*
✓ Arnold Country 100% Whole Wheat	43	100	1	0	18	150	3	3	4	*
Arnold Extra Grainy Cracked Wheat & Oats	43	120	3	0	20	180	3	3	5	*
Whole Foods Organic 100% Whole Wheat Bread	40	110	2	0	19	185	2.5	2	5	*
Whole Foods Organic Oatmeal Bread	40	120	2	0	22	155	1.5	2	4	
365 Whole Wheat Sandwich Bread	43	100	1.5	0	19	170	2	3	5	*
✓ 365 Multigrain Fiber Bread	43	110	2	0	19	150	3	2	5	*
✓ When Pigs Fly 100% Whole Wheat	48	100	0.5	0	21	45	4	1	4	*
Vermont Bread Company Whole Wheat Sourdough	31	70	1	0	15	125	2	1	3	*
Vermont Bread Company Organic Soft Wheat	40	110	2	0	21	200	2	2	3	
Trader Joe's Soft Whole Wheat Bread	38	90	2	0	15	180	2	0	4	*
✓ Trader Joe's 100% Whole Grain Fiber Bread Whole Wheat	43	90	1.5	0	18	170	5	2	4	*
Trader Joe's White Wheat Bread 100% Whole Grain	38	90	1	0	18	180	3	0	4	*
Silver Hills Organic Sprouted Power Soft Wheat	40	100	0.5	0	20	210	2	2	4	*
Silver Hills Organic Sprouted Power Multigrain	40	110	2	0	20	200	3	3	4	*
Vermont Bread Company Sodium Free Whole Wheat	31	70	1.5	0	14	0	2	1	3	*
Eureka! Organic Saaa Wheat!	48	130	3	0	21	200	4	5	7	*

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: product labels and manufacturer website. *The first ingredient listed, other than water, is whole wheat.