



## Shoppers Guide

# Slicing into the Best Gluten-Free Breads

Gluten-free is certainly a buzzword these days in the supermarket aisle. Gluten is a mix of proteins found in certain grains, like wheat, rye, and barley, and products made with these grains, including bread. If you have celiac disease or gluten sensitivity, avoiding gluten is essential. However, unlike popular media claims, avoiding gluten isn't necessary (or even healthful) for those without such medical conditions. Avoiding gluten needlessly can make it challenging to obtain enough fiber and other minerals found in gluten-containing grains.

If you need to eat gluten-free for health reasons, the availability of sliced gluten-free breads, from your morning toast to your lunch sandwich, is a great convenience. Gluten-free products use a variety of ingredients to replace wheat and other grains. The most common are tapioca, potato starch, and rice (brown or white) flour or starch. Be aware that these ingredients may be more calorie-dense than gluten-containing grains, making many breads higher in calories than their traditional counterparts. Consider checking the Nutrition Facts panel so you know how many calories you're getting. And while you're there, check the serving size. Some gluten-free breads consider one slice a serving, while others list two slices.

**Helpful Hints.** Keep the following thoughts in mind when selecting gluten-free breads.

- ▶ **Fiber Check.** To ensure you don't miss out on fiber, look for products containing at least two grams per serving.
- ▶ **Whole Grain?** Check the ingredients list and make sure a whole grain, like brown rice flour or millet, is at or near the top of the list to ensure you're getting the healthy whole grain benefits.
- ▶ **Sugar Loaf.** Some manufacturers add extra sugar to their gluten-free products. If you're trying to limit added sugar, be sure to check the Nutrition Facts panel so you know how much sugar you're getting.

—Heidi McIndoo, MS, RD



Look for fiber and whole grains in gluten-free breads.

## Gluten-Free Sliced Breads Nutritional Comparison

✓ = **EN's Picks.** Sliced bread picks contain no more 120 calories (6% DV), 4 g sugar, at least 2 g fiber (7% DV) and a whole grain; other bread picks contain no more than 220 calories (11% DV), 6 g sugar, at least 3 g fiber (11% DV), and a whole grain.

GLUTEN-FREE BREADS	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)	Whole Grains*
<b>SLICED BREAD (1 SLICE)</b>										
Canyon Bakehouse 7 Grain Bread	34	90	1.5	0	16	130	1	2	2	*
Canyon Bakehouse White Bread	34	90	1.5	0	16	160	1	2	2	*
Glutino Cinnamon Raisin Bread	29	80	2.5	0	13	135	<1	4	<1	*
Glutino Multigrain Bread	29	80	3.5	0	13	170	<1	1	<1	*
Glutino White Bread	29	80	3.5	0	12	170	0	1	<1	*
✓ New Grains Cinnamon Raisin Bread	57	120	5	2	22	190	2	4	3	*
✓ New Grains White Sandwich Bread	51	120	2	1	23	250	2	2	3	*
Rudi's Delis Style with Caraway Seeds	34	70	0	0	16	170	0	1	1	
✓ Rudi's Multigrain Bread	29	65	2	0	10	130	2.5	2	1.5	*
✓ Rudi's Original Bread	29	60	2	0	10	130	2.5	2	1.5	*
Schar Artisan Baker Multigrain Bread	31	90	1	0	19	105	2.5	2	1.5	
Schar Artisan Baker White Bread	31	85	1	0	19	105	2	2	1	
Schar Deli Style Bread	48	120	1.5	0	23	340	3	2	2	
The Essential Baking Co. Deli Slice Classic White Bread	35	100	5	1.5	13	105	2	2	1	
The Essential Baking Co. Deli Slice Multigrain Bread	33	80	4	0	12	140	4	4	2	
✓ The Essential Baking Co. Super Seeded Multigrain Bread	33	80	4	0	12	140	4	4	2	*
Trader Joe's GF Whole Grain Bread	25	60	1	0	12	120	1	2	1	*
Udi's Delicious Multigrain Sandwich Bread	43	120	4	0	21	230	1	3	2	*
✓ Udi's Millet Chia Bread	29	75	2	0	12	140	2.5	1.5	3	*
Whole Foods GF Light Sandwich Bread	50	150	4	1	25	210	<1	5	3	
Whole Foods GF Prairie Bread	50	140	5	1	22	170	1	5	3	*
<b>ENGLISH MUFFINS (1 MUFFIN)</b>										
Against the Grain Cinnamon Raisin English Muffin	67	200	10	3	26	250	0	3	1	
✓ Food For Life Brown Rice English Muffin	86	220	1	0	48	300	4	3	2	*
✓ Food For Life Multiseed English Muffin	86	220	1	0	48	300	4	6	2	*
Foods by George Cinnamon Currant English Muffin	102	220	3.5	0	42	220	2	13	4	
Glutino Multigrain English Muffins	80	200	4.5	0	35	510	3	7	6	*
Joan's Great Bakes Multigrain English Muffin	74	200	5	0	35	550	2	1	4	
New Grains English Muffin	112	230	6	2	46	520	5	3	3	
Trader Joe's GF English Muffin	85	210	6	1	32	260	1	1	5	
Udi's White English Muffin	74	180	2	0	34	450	3	3	5	
<b>BAGELS (1 BAGEL)</b>										
Against the Grain Sesame Bagel	67	240	12	2	30	270	0	0	4	
Canyon Bakehouse Plain Bagel	99	220	6	1	45	450	2	3	3	*
Trader Joe's GF Plain Bagel	99	260	4	0	52	510	2	5	4	*
Udi's Cinnamon Raisin Bagel	99	290	9	0.5	46	470	3	10	6	*
<b>HAMBURGER BUNS (1 BUN)</b>										
Canyon Bakehouse Hamburger Buns	85	200	4	0	39	320	3	7	3	*
New Grains Hamburger Buns	n/a	260	10	4	42	700	4	8	4	*
Rudi's Multigrain Hamburger Buns	74	190	7	0	33	300	5	5	2	
✓ Schär Hamburger Buns	75	170	2	0	37	460	4	4	2	*
The Essential Baking Co. Original Hamburger Buns	57	140	7	2	19	160	3	3	1	
✓ Udi's Whole Grain Hamburger Buns	77	180	5	0	31	340	6	4	5	*

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=gluten free. Daily requirement based on 2,000 calorie/day diet. Source: product labels and company websites. \*Indicates products contains whole grain ingredient(s). As with all EN comparisons, this is only a sampling of products.