

The Grain Event



Baffled by Bread? How to Choose the Best Loaf

Find yourself overwhelmed in the bread aisle? With so many choices, packaged with misleading nutrition claims – it’s hard to know which loaf is best.

Here’s what to look for (per slice):

First Ingredient: 100% whole grain

Calories: 100 or fewer

Fiber: 2-3 grams or more

Sodium: 225 mg or less

Food for Thought: When Michael Pollan says, “the whiter the bread, the sooner you’ll be dead” – he reminds us that our bodies recognize white flour the same as sugar – yikes.