



Which Bread Is Best?

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White, high fibre white, wholemeal, wholegrain, multigrain, sourdough, rye, low GI, and gluten free. With so many choices of bread available, how are we to know which is best for our health?

Bread has always been a dietary staple in Australian households. It's a good source of carbohydrate, it's low in fat and wholegrain varieties are high in dietary fibre, which helps keep us feeling full. Diets high in wholegrains are linked to a reduced risk of health conditions such as excess weight and obesity, heart disease, type 2 diabetes and some cancers. Dietary fibre is also beneficial for bowel health by preventing constipation and feeding the "good" gut bacteria which is likely to result in several health benefits.

There's no need to eliminate bread from your diet, not all breads are created equal. When buying bread, look well beyond the "7-grain," "sprouted," or "multi-grain" claims. Many loaves sound healthy but are not much more than enriched white flour. You need to read the Ingredients. Lists on food labels are written in descending order so look for words such as wholegrain, kibbled grain, nuts and seeds at the beginning of the ingredients list. Foods with more than 4g fibre per serve are considered a good source of fibre under the Australian Food Standards Code. Go for a wholegrain, wholegrain rye or authentic sourdough breads (particularly rye or grain sourdough). The soft fluffy white breads have no beneficial nutrients and are best left for the occasional sausage sizzle at a BBQ.

White – White bread is made from wheat that has had the germ and bran removed, thereby reducing the fibre, B group vitamins, vitamin E and minerals such as iron, zinc, magnesium and phosphorus.

High fibre white- High fibre white breads are white breads that have fibre added to them. This makes them a better choice than regular white bread especially for children (or big kids) who won't eat wholegrain bread.





Wholemeal - Wholemeal bread is made from wholegrains that have been milled to a fine texture, giving a plain brown appearance. Wholemeal flour contains more fibre than white flour. Wholemeal bread also contains more vitamins and minerals than many white breads but has a higher GI than wholegrain breads.

Wholegrain - Wholegrain bread contains the entire grain: the bran (outer layer), endosperm (starchy middle layer) and germ (nutrient rich inner part). It's a rich source of carbohydrates, protein, unsaturated (good) fats, vitamins and minerals, as well as three types of fibre: soluble, insoluble and resistant starch. Wholegrain bread has a dense wholemeal flour base and well as lots of grain and seeds. Look for "whole grain" in the ingredient list.

Soy and linseed bread has the added benefit of healthy omega 3 fats. Wholegrain bread is low GI as are wholemeal breads with added grains.

Multigrain - Often multigrain bread is made from white flour with some added grains. Despite this, multigrain breads tend to have more fibre and a lower GI than white bread, resulting in longer lasting energy.

Sourdough - Sourdough bread has a lower GI due to the higher acidity level. Fibre, vitamin and mineral levels vary with the flour used, with wholegrain sourdough being the preferred choice. Be sure to choose an authentic sourdough, as some are faux sourdough and contain yeast rather than the traditional starter. Authentic sourdough takes a long time to produce and results in an acidic and chewy bread, two features that lower the GI. Look for a chewy texture and the absence of yeast in the ingredients, preferably with whole-wheat flour or rye wholemeal, grains and seeds.

Rye - Rye bread has a heavier texture due to a lower gluten content (but it's not gluten free). Wholegrain rye with added grains has a higher fibre and vitamin content than light rye and has a lower GI, as does rye sourdough. Wholegrain rye is a good choice for health and even light rye is better than white.

Gluten-free - Gluten-free breads are made from an alternative grain to wheat, to avoid the wheat protein gluten. Traditionally, gluten-free breads have had a lower fibre content and higher GI than their wheat-containing counterparts, although, there are now some with added seeds. These breads are useful for people with a gluten intolerance such as coeliac disease but offer no additional health benefits beyond regular breads for the rest of us.

Evie's Eats – Greek Meatloaf

Ingredients:

- 1 kg beef mince or half beef and half pork mince
- 2 hardboiled eggs
- 2 slices of white bread or a roll
- 1 large onion finely chopped
- 2 garlic cloves grated
- 2 eggs
- 1 teaspoons of dried thyme
- 1 teaspoon of dried oregano
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste
- 2 tablespoons of red wine
- ½ cup of water
- 1 tablespoon olive oil



Method:

1. Boil the eggs by placing them in a small pot. Cover with water and bring to a boil. Cook eggs for about 10 minutes, drain and rinse with cold water. Let them cool down before you peel them.
2. Preheat the oven to 200 degrees.
3. In a small bowl, break the roll or sliced bread into small pieces and soak in the water. Make sure you squeeze the water from bread before adding it to the mince.
4. Place the mince in a large bowl. Add onion, garlic, soaked bread, two raw eggs, thyme, oregano, parsley, salt and pepper. Mix well with your hand.
5. Place about half of the meat in a roasting tin, form a long shape of about 23 cm/ 9 inch, arrange the hard-boiled eggs on top and cover with the rest of the meatloaf mixture. Oiling your hands with the oil, give the meatloaf a nice form, adding the wine as you form the meatloaf with your hands.
6. Add ½ cup of water in the roast tin, cover with foil and bake meat loaf for 60 minutes. Remove foil after an hour and cook for a further 10 minutes or until brown.
7. Serve warm with a salad. Enjoy!

Quote of the Month - It Never Gets Easier, You Just Become Better.



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Take control your life, be happy! – rock on!

Till next month... *Evie*