

# BREAD

*When you look for simple ingredients, it's easy to pick a loaf of delicious, nutritious bread. Here are the six best types of bread you can feel good about buying.*

## 1. Sprouted-Grain Bread

These hip grains are soaked in filtered water and left damp in order to sprout, before dehydrating and grinding them into flour. They can now be found in grocery stores nationwide. Are breads made from germinated grains nutritionally superior? Simply put, yes. Sprouted grains and the flours made from them are easy to digest and the vitamins, minerals, and antioxidants in them are easier for your body to absorb. Scientists are still discovering the health benefits of sprouted grains.



## 2. Whole-Wheat Bread

Basic whole-wheat bread is high in fiber and here for all of your everyday sandwich needs. Go for 100 percent stone-ground versions, as they have the vital wheat bran, which provides insoluble fiber (known to play an important role in preventing colon cancer). Additionally, whole wheat is one of the higher protein grains and gives you a variety of B vitamins and trace minerals required for health, including chromium, iron, copper, magnesium, and zinc.



## 3. Multi-Grain Bread

If whole wheat is good, more whole grains must be better, right? It seems like once you choose a really good five- or seven-grain bread, up pops a 12 or even greater competitor! More isn't necessarily merrier, however, and there is no magic number or perfect combination of grains. Oat, wheat, rye, barley, corn, spelt, amaranth, triticale, teff, millet, and quinoa, the list goes on, and they all offer great benefits. Next time you're confronted with the number conundrum, let your taste and good sense be your guide.



## 4. Seeded Bread

Adding seeds to bread not only creates delicious texture, it packs in nutrients. From poppy and pumpkin seeds to flax and chia, you're getting beneficial omega-3 fatty acids and more vitamins, minerals, and protein. Slice for slice, the calories may be slightly higher than other breads, but it's a positive trade off when it comes to nutrient density.



## 5. Sourdough Bread

Sourdough bread is made by fermenting flour and water, rather than adding yeast to create a leaven. The fermentation process helps to unlock B vitamins, which help with energy metabolism. Fermentation in sourdough bread can lead to an increased number of prebiotic and probiotic-like properties, which help improve gut health. Sourdough bread made with whole grains are higher in fiber than processed grains.



## 6. Gluten-Free Bread

Formally notorious for being loaded with sugar, salt, and highly processed carbs from refined grains and starches, gluten-free breads finally have some real contenders. Consider the 7 Ancient Grains loaf by Three Bakers, made from organic brown rice flour with amaranth, sorghum, millet, teff, and flax. While still falling short as a significant protein source, with only 3 grams per 2 slices this particular bread does offer important micronutrients, such as iron, and is one of the better commercial options in the sodium department (1 slice has 140 mg, which is considered a low-sodium food).



*One cannot think well, love well, sleep well, if one has not dined well - Virginia Wolf*

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