



Useful nutrition tips from
Natalie Greene, RD

Not All Bread Is Created Equal

Start by eliminating white bread completely since it is stripped of most of its nutrients and whole grains.

Look for the breads that are made with 100% whole grains with all the vitamins, minerals, fiber and phytochemicals intact.

Best Breads made with WHOLE WHEAT FLOUR:

Oroweat Light 100% whole wheat

Arnold Stoneground 100% whole wheat

Schmidt's Old Tyme 100% whole wheat

Wonder 100% whole wheat

Pepperidge Farm 100% whole wheat thin sliced

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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