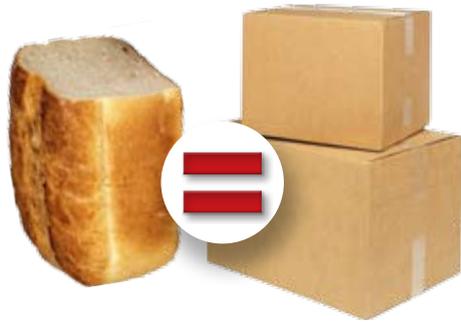


# Battle of the Breads

DO YOU ALWAYS EAT **WHITE BREAD?** READ ON TO LEARN WHY WHOLE-GRAIN BREADS ARE A HEALTHIER CHOICE.



**W**hen you eat a sandwich, what type of bread is it made with? Chances are your answer is white bread or a roll made of white bread. Most teenagers and kids choose white bread over whole-grain breads. Why? They say that white bread tastes better, and when it comes to food, taste obviously matters. But *Choices* would like to make a serious case for you to try multigrain bread. Here's why:



▶ **White bread is about as healthy as a piece of cardboard.**

One slice contains too many calories (67), too many carbohydrates (12), too little protein (2 grams) and too little fiber (half a gram). The process of making white bread strips the bread of essential fiber, vitamins, minerals, and healthy fats. The end result is that when you bite into a slice of white bread, your body gets a lot of empty calories and not much more.



▶ **Whole-grain breads are much healthier.** Whole-grain breads are lower in calories and packed with naturally occurring nutrients like the B vitamins (thiamin, niacin, riboflavin, and folate), vitamin E, iron, zinc, mag-

nesium, selenium, and protein. These may be words you've never heard before, but all you need to know is they are nutrients that help supply your body with energy it needs to function.

In addition, the high fiber content and loads of antioxidants in most whole-grain breads help keep your cholesterol levels at a healthy level, contribute to protecting you against serious diseases like cancer and diabetes, and help keep your digestive tract functioning properly.

Of course, there's still the matter of taste. Most people of any age won't eat something if they don't like the taste. But *Choices* has a solution to this problem: There are tasty and healthy spreads that you can put on bread. If you're looking for something sweet, try spreading honey or agave on a slice of bread. Jams made of 100 percent fruit also work, but beware of jams that contain high fructose syrup because that ingredient is high in calories. Peanut butter without trans fats is also a good option. If you prefer a salty taste, try spreading mustard on your bread. Mustard can really spice up a sandwich.

So now that you know why whole-grain bread is healthier than white bread and how you can make any piece of bread taste better in a nutritious way, you may be wondering what kind of whole-grain bread you should try. The answer is, any of them. The list includes whole wheat, rye, oat, pumpernickel, and multigrain. You can even try breads made from grains other than traditional wheat: barley, millet, or brown rice.

Here's one final tip for selecting healthy breads to eat: "When you're selecting breads, read the product labels to make sure you know what you're buying," says Katherine Zeratsky, a nutritionist with the Mayo Clinic in Rochester, Minnesota. "Look for breads that list whole grains as the first ingredient. If the label doesn't say 'whole' first, it isn't a whole-grain product."

—Alexis Burling

# test YOURSELF

Use the words in the box to complete each sentence. You will not use every word in the box. Answers are in the Teacher's Edition.

<b>mayonnaise</b>	<b>honey</b>
<b>price</b>	<b>product</b>
<b>calories</b>	<b>protein</b>

- 1 White bread is high in carbohydrates and \_\_\_\_\_.
- 2 Adding a healthy spread like \_\_\_\_\_ to a slice of whole-grain bread can improve the bread's taste.
- 3 When you're deciding on a loaf of bread to buy at the store, it's important to read the \_\_\_\_\_ labels so you know what the ingredients are.

## Words of Warning

**B**e careful when you see the words "enriched" or "refined" on bread labels. They mean the bread's original nutrients have been removed and artificially replaced with vitamins and minerals of lesser quality or quantity. Often, these breads are made to look natural by the addition of unhealthy additives like caramel color (for wheat bread) or even bleach (for white bread).

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