

The most useful and nutritious options for bread are made of whole grain. They contain vitamins, minerals and fiber compared to ordinary white bread.

**Bread from spinning whole grain.** From one slice of such bread you get 71 kcal, 5 g of protein, 12.9 g of carbohydrates and 2 g of fiber. This bread allows you to better absorb iron, zinc, it is smaller than starch and it is easier to tolerate people with gluten intolerance not related to celiac disease.

**Bread on the sourdough.** Thanks to the process of fermentation, the amount of FODMAP (fermented oligosaccharides, disaccharides, monosaccharides and poliols), gluten, and phytic acid decreases in it. One slice of whole grain bread on the sourdough contains 120 kcal, 4 g of protein, 3 g of fat, 20 g of carbohydrates, 2 g of fiber.

**Bread from 100% whole wheat.** From one of its slice, you can get 80 kcal, 4 g of protein, 1.1 g of fat, 13.7 g of carbohydrates, 1.9 g of fiber.

**Oatmeal bread.** In the course of one study, scientists found that people who ate oatmeal bread enriched with beta-glucan had a lesser increase in blood sugar and a lower level of insulin after eating than those who consumed whole grain bread.



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**Flax bread.** It is rich in nutrients, including fiber, protein, alpha-linolenic acid (ALK). The latter reduces blood pressure and improves heart health. According to the results of one study, the use of flax bread three times a day for a week reduced in people the total cholesterol level by 7%, and "bad" cholesterol by 9%.

**100% sprouted rye bread.** It usually has more nutrients. Including fiber and vitamins of group B. Also one scientific work showed that the use of rye bread in the evening led to several benefits for health compared to white bread. They included a decrease in blood sugar, a decrease in the reaction to insulin, higher levels of glucagono-like peptide-1 (GLP-1) and Yy (PYY) peptide, enzyming in the intestines the next morning, higher concentrations of short-stinging fatty acids (SCFA) in the blood.

**Beaty bread.** It is usually made from corn, manico, potato, tapioceron and rice starch. Choose when buying a variety by the minimum number of additives and whole grains.

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