

Samantha Devito, a master of science, a certified nutritionist, believes that when weight loss, bread should not be prohibited. It is especially useful to eat 100% whole -grain bread on a diet, and that's why.

Here are a few reasons how thinly chopped whole grain bread helps to reduce weight.

A lot of fiber. In whole grain bread, it is greater than in bread from purified grain. However, it saturates well. In the course of one study, scientists found that in weighty people, the weight loss was most strongly associated with the consumption of fiber.

Less calories. Often weight gain occurs due to the fact that we consume more calories than we burn. Thinly chopped whole grain bread contains only 60-70 kcal per slope, and in ordinary - from 120 to 140 kcal.



Photo recipe: Steisi K. Allen. Evewell Design

A large amount of protein. In whole grain bread, there is more protein than in purified.

Thinly chopped whole grain bread will help you lose weight

Of the two slices, you will receive 6 g of this substance, which is equal to the content of protein in one large egg.

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