



*With Pride*

Inclusive Integrated Healthcare  
In clinic & online services

## WHITE BREAD

*versus*

## WHOLEGRAIN & SPELT BREADS

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On the left of the above image you can see a wholegrain prior to processing.

This wholegrain includes the outer shell termed Bran, a Germ and an Endosperm.

When a wholegrain bread is made the entire grain is used, giving us the nutrients and fibre required to digest the endosperm, this also provides us with essential nutrients such as B vitamins, iron and folic acid.

When a white bread is processed the outer bran layer of the grain and the germ is removed, this leaving only the endosperm to be used for the baking of bread.

As white bread does not have the rest of the grain to assist in digestion, a mucous film is formed over the lining of the digestive tract, this reducing the body's ability to absorb other nutrients and can contribute to feelings of; mucous congestion in the upper and lower respiratory system, sluggishness, bloating, abdominal pain and slow metabolism, and therefore puts higher pressure on the liver and digestive system as a whole.

All of these factors lead to inflammation, not only through the digestive system but also the entire body.

Therefore, consuming a wholegrain bread is always preferable to white bread, particularly breads such as rye and spelt are much better for the body.

## WHAT IS SPELT BREAD

Spelt bread is made from an ancient grain that is a different plant species to that of the wheat used mainstream breads.

It has a higher nutrient content including being a **complete** protein. Increased levels of B vitamins, fibre, folic acid and iron are present that are also in a form better available for digestion.

Spelt bread whilst it does contain gluten is known to cause less digestive problems to those that are gluten and wheat sensitive, most people with this complaint can digest spelt well with no ill effect (Note - those with Celiac Disease should also avoid spelt).

You can purchase spelt breads at the supermarket, however be careful they are not mixed with another plant species such as wheat, you can avoid this by reading the ingredients list.

It is recommended that these breads are purchased from health foods stores or organic grocers. A quick internet search will find you your closest organic grocer, or support local and attend Farmers Markets.

