

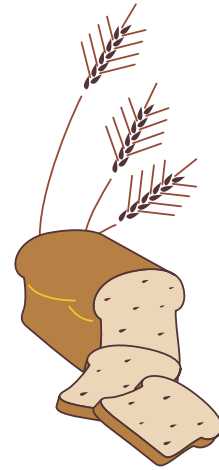


Whole-Wheat Bread Versus White Bread

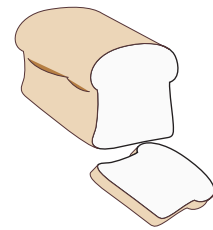
Try venturing into the wonderful world of whole-wheat bread! It may look a little different, but whole-wheat bread tastes good and is great for you. The more you eat it, the more you'll like it!

And it's more nutritious than white bread. White bread is made from wheat flour that has had the bran and wheat germ removed from the grain.

Even when the white flour is enriched by adding back nutrients, only 5 nutrients are added back. Compared to 100% whole-wheat flour, the enriched white flour lacks much of the fiber and 18 other vitamins and minerals found in whole-wheat flour.

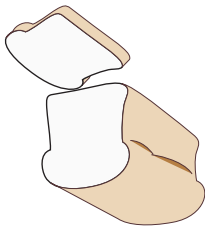


VS.

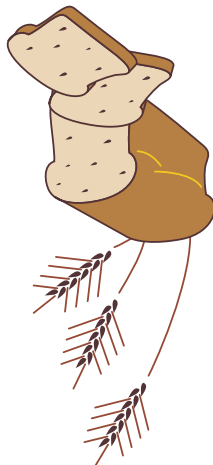


From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



VS.



Try venturing into the wonderful world of whole-wheat bread! It may look a little different, but whole-wheat bread tastes good and is great for you. The more you eat it, the more you'll like it! And it's more nutritious than white bread. White bread is made from wheat flour that has had the bran and wheat germ removed from the grain. Even when the white flour is enriched by adding back nutrients, only 5 nutrients are added back. Compared to 100% whole-wheat flour, the enriched white flour lacks much of the fiber and 18 other vitamins and minerals found in whole-wheat flour.

Whole-Wheat Bread Versus White Bread

