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White sliced bread calories

One of the goals of the Flour Advice Bureau is to dispel any misconceptions about bread. Much of this is commonly reported in the media. So below we highlighted some of the most commonly reported inaccuracies and misconceptions to give you the facts. Mass produced bread is nutritional value other than home-baked or artisan bread. All bread recipes use the same basic ingredients that are flour, water, yeast and salt. Nutritional value, there is not much else between a sliced and wrapped bread, and an unprotected bread. Very little of the corn we use to make bread in the UK is British. Almost all the flour used in the UK is ground here. The proportion of British wheat used by millers has grown steadily over the past forty years from about 30% in the early 1970s to the current level of about 85%. Indeed many loaves are made entirely of British wheat. Every year we grind in flour more than 5 million tons of corn grown by British farmers, used to bake bread in large bakeries, artisan bakeries and supermarkets, as well as biscuits, cakes, pastries and other delights. Wholemeal bread is better for you than white. Of course, wholemeal bread is good, but it doesn't make white bread bad! The dietary contribution of white bread is often under appreciated. The Control's National Diet and Nutrition Survey (NDNS) shows that white bread contributes 10% or more adult calcium, iron, manganese and tiamine intake; it is low in fat and sugar, but offers one-tenth of our dietary fiber and almost a tenth of protein. For information about the nutritional content of bread, see our feeding pages. Bread is greasy so steer clear when you're on a diet. With a slice of wholemeal bread containing only 76 calories and 0.9 grams of fat, and a slice of white bread that provides only 77 calories and 0.6g of fat, eating bread won't make you fat. This is what you put on the bread that increases the calorie and fat content of sandwiches and toast. Any diet that limits the intake of certain food groups can lead to potentially dangerous deficiencies in a number of different vitamins and minerals. With most medical professionals now recommending a healthy, balanced diet in the majority of cases, it would be more sensible to take a similar approach rather than have the latest diet. Wheat allergy and intolerance are becoming more common. Only 2% of us have a food allergy. Wholemeal bread should be eaten by children and young adults instead of white bread, as it contains more calcium. According to data published by the Food Standards Agency in 2002, a medium slice of wholemeal bread provides about 37mg of calcium. A medium slice of white bread on the other hand will provide about 40% more calcium - about 62mg per cutting. Maybe parents may find it easier to let their child what type of bread they have them prefer to eat - white, brown or wholemeal, they can all contribute significantly to their daily calcium intake when included in the daily diet. White bread is full of sugar. In fact, bread (white, brown or wholemeal) does not normally contain sugar as part of the recipe. A small portion of the starch present in flour is broken down into maltose and fructose, which are types of sugar, as bread ferments in the bakery. This means that although no one has been added, bread contains a small amount – between 3 and 4% (or 1-2 grams per slice) of sugars when baked. Skip to Main Content Share this recipe by email Sara Lee® Sara Lee® White, a loaf of bread that combines great taste and a smooth texture. Enjoy it grilled with butter or as a perfect sandwich the whole family will love. Good source of vitamin A good source of vitamin D2 slices provides as much calcium as an 8 oz glass milk cell lens source of calcium good source of iron0g trans fat no artificial colors or flavors Always check product packaging for latest product information. Enter your zip code and distance to find @ Sara Lee app in your area. Serving size 1 cut (28g) Servings per container20 Amount Per Serving 1 cut 2 slices Calories out of Fat No Value No Value Macronutrient Amount % Daily Value 1 Cut * % Daily Value * 2 Slices Total Fat 1g 1%3% Saturated Fat 0g 0% 0% Trans Fat 0g no value Polysaturated Fat 0g no value Monounsaturated Fat 0g no value No Value Cholesterol 0mg 0% 0% Sodium 130mg 6% 12% Total Carbohydrate 14g 5% 10% Dietary Fiber 0g 0% 3% Sugars 1g no value Protein 2g no value No value Vitamin A no value 6% 10% Calcium no value 10% 25% Iron no value 8% 15% Vitamin D no value 6% 10% Vitamin E no value 8% 15% Thiamin no value 10% 20% Riboflavin no value 6% 15% Niacin no value 8% 15% Folic acid no value 25mcg 50mcg * Percent (%) Daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Title Calories 2,000 2,500 Total Fat Less Than 65g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg2,40 3,500mg 3,500mg no value Total Carbohydrate 300g 375g no value Dietary Fiber 25g 30g no value enriched wheat flour [FLOUR, MALT BARLEY, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, YEAST, CALCIUM SULPHATE, SOYBEAN OIL, SALT, WHEAT GLUTEN, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), ENRICHMENT (CALCIUM SULPHATE, VITAMIN E-ACETATE, VITAMIN A PALMITATE, VITAMIN D3), MONOGLYCERIDES, DATEM, SOY LECITHIN, IRON SULPHATE, CITRIC ACID, GRAIN VINEGAR, POTASSIUM IODATE, MONOCALC UPC 7294560133 (20 oz.) Want to explore more? Go after Our Bread Facebook Pinterest Instagram Thanks for Reaching From Unfortunately, our chat feature is currently unavailable. Please try again during the times listed below. Available M-F 8AM-8PM EST Thanks for reaching out, we look forward to hearing from you! Please click the button below to start chatting. Start Chatting Main Information: Sliced White bread Stone House Bread 1 serves 79.9 calories 18.0 grams carbohydrates 0 grams fat 3.0 grams protein 1.0 grams fiber 0 mg cholesterol 0 grams saturated fat 199.9 mg sodium 1.0 grams sugar 0 grams trans fat Report a problem with this food Note: Any items purchased after our Amazon buttons will give us a little reference bonus. If you click them, thank you! Please note that some foods may not be suitable for some people and you are encouraged to seek the advice of a doctor before any weight loss attempt or dietary regimen begins. Although the information provided on this website is presented in good faith and is believed to be correct, FatSecret makes no representations or warranties about its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are property of their respective owners. Mother's Pride84%21gCarbs0%–Fat16%44gProteinHow fits this food into your daily goals? Activity Needed to Burn: 112 Calories17Minutes of Cycling 11Minutes of Running 41Minutes of Cleaning the U.S. Department of Health & Human Services Verywell/Alexandra Shytsman Is Bread Healthy? Can you eat bread and still lose weight? Since diets began to focus on carbohydrates, bread has been on the banned list of many eating plans for weight loss and weight maintenance. It is true that the carbohydrates and calories in a slice of bread can quickly pick up, but it is possible to eat bread and lose weight. In fact, certain types of bread can even be part of a healthy eating plan. The following nutritional information is provided by the United States Department of Agriculture (USDA) for one slice (32g) of whole wheat bread. Calories: 82Fat: 1.1gSodium: 144mgCarbohydrates: 13.8gFiber: 1.9gSugars: 1.4gProtein: 4g Nutrition experts recommend raising your intake of whole grains. Choosing whole wheat bread can be part of a healthy meal. A single slice of commercially prepared whole wheat bread (as shown on the nutrition label) provides about 82 calories and about 1 gram of fat. However, these amounts will vary by brand. One cut also provides nearly 4 grams of protein and 13.8 grams of carbohydrate. However, because it also provides about 2 ounces of fiber 9.6 net carbohydrates per cutting. Remember to double the nutritional counts if you make a sandwich or have toast with two slices of bread. Commercially prepared white bread provides about 75 calories and 1 gram of fat per slice. This type of bread usually has 15 coal-hidrate or more, but only less than one gram of fiber, the net carbohydr intake will be about the same. Rye bread may or may not be made of whole grains depending on the brand. It can also be made from a mixture of refined grains and whole grains. A typical slice of rye bread provides 83 calories, about 1 gram of fat, 16 grams of carbohydrate, 1.9 grams of fiber, and 2.7 grams of protein. Calories in a slice of bread (by Brand and Variety) The nutrient content in a slice of bread will range from one brand and type of bread to the next. If you compare bread at the supermarket, you'll see that the size and thickness of a slice can be significantly different from one loaf to the next. Although whole grain bread tends to be higher in calories, you also get the benefit of insoluble fiber - a kind of fiber that is not absorbed by the body and promotes digestive health. Here's a list of nutrition facts for some popular brands and varieties of bread that you're likely to find at the store. Wonder Classic White Bread: 65 calories, .75 grams fat, 12 grams carbohydrate, 1 gram of fiber, 2 grams of sugar, 2 grams protein. Pepperidge Farm Soft 100% Whole Wheat Bread: 70 calories, .75 grams fat, 12 grams carbohydrate, 2 grams fiber, 1.5 grams sugar, 3 grams protein. Food for life Ezekiel 4:9 Run out 100% Whole grain bread: 80 calories, 0.5 grams of fat, 15 grams carbohydrate, 3 grams fiber, 0 grams of sugar, 4 grams protein. Food for Life Gluten-Free Brown Rice Bread: 110 calories, 2.5 grams fat, 19 grams carbohydrate, 1 gram of fiber, 1 gram of sugar, 2 grams protein. Orowheat 100% Whole wheat bread: 90 calories, 1 gram of fat, 16 grams carbohydrate, 2 grams fiber, 3 grams sugar, 4 grams protein. Arnold Organic Rustic White Bread: 130 calories, 1 gram of fat, 25 grams carbohydrate, 1 gram of fiber, 3 grams of sugar, 4 grams protein. Arnold 12 Cereal Bread: 110 calories, 3 grams fat, 19 grams carbohydrate, 3 grams of fiber, 3 grams of sugar, 5 grams protein. Pumpernickel (made at home from scratch and sliced thin): 50 calories, 0.6 grams fat, 10 grams carbohydrate, 1.3 grams of fiber, 0.1 grams of sugar, 1.7 grams of protein. Sun-Maid Raisin Bread Cinnamon Swirl: 100 calories, 1.5 grams fat, 18 grams carbohydrate, 1 gram fiber, 8 grams sugar, 3 grams protein. Challah (made at home or prepared in a bakery, thickly sliced): 173 calories, 7 grams fat, 35 grams carbohydrate, 0 grams of fiber, 0 grams sugar, 7 grams protein. (feeding facts for challah will vary based on the recipe) The healthiest bread for you will depend on your nutritional goals. You may try to reduce your sugar intake, increase your daily fiber, or eat more protein. Use the nutrition label rather than front-of-package product demands to guide your decisions. Be sure to read it now, the nutrition facts listed above for a single slice of When checking the nutrition label, you can see that two slices of bread listed as a single serving. This is because the typical amount consumed as a snack or as part of a meal (an amount referred to as the NLEA serves size by industry experts) is two slices of bread rather than one. Bread offers calories (energy) mainly in the form of carbohydrates. Carbohydrates are your body's preferred energy source. When eating bread, you provide your body with fuel for your daily activities. If you choose bread made from whole grains, you also get a source of fiber, which provides health and weight loss benefits. Eating foods with fiber can help you feel fuller and more satisfied. Weight loss experts generally recommend consuming foods with fiber if you are trying to lose weight. Fiber can help you feel more satisfied after eating less, which can be useful if you try to create the calorie deficiency needed for weight loss. A serving of some bread types can also be good source of important micronutrients, including thiamin, selenium and folate. What is enriched bread? You will sometimes see the word enriched on a package of commercially prepared bread. Enriched foods added the nutrients back into them because these vitamins and minerals were stripped away during the manufacturing process. Enriched products are usually made from refined grains (grains processed so that the whole grains are no longer intact). Why is whole wheat bread better for my diet? Whole wheat bread generally contains more nutrients, including fiber. Although a recent systematic review showed that eating foods with fiber is less likely to combat hunger and reduce total food consumption than is often claimed, dietary fiber intake is still associated with lower body weight. How do I know if my bread is made from whole grains? Do not rely on the front of the bread package to determine if your bread is made from whole grains. Many times, food manufacturers use words like multigrain to make their food sound healthier. Instead, go to the ingredients list. Whole grains (such as whole grains, wheat berries or entire oats) will be listed as one of the first ingredients. The Whole Grain Board provides a comprehensive guide to de-digitating labels to find whole grain foods. Is white bread bad for me? White bread offers calories (energy) but does not offer as much nutrition as whole grain bread. What are some healthy alternatives to bread? If you're trying to cut back on carbs, there are several alternatives to bread you can use. Try a sandwich with cucumber slices instead of bread or wrap a lean beef or turkey burger in lettuce instead of a bun. If you're in the breadpath, you'll also see brands of commercially prepared low-calorie bread. A slice of loaves may be lower in calories, but it's also lower in overall compared to whole grain bread. Sometimes the bread is only lower in calories because the cut is smaller or thinner than a traditional slice. Arnold Bakery Light 100% Whole Wheat Bread: 40 calories per sliceNature's own wheat bread: 40 calories per slice ofPepperidge Farm Light-style bread: 45 calories per cut There are plenty of healthy ways to include a slice of bread in your diet. If you love bread, have it! Just be mindful of eating portions that support your weight goals. For example, you can enjoy an open face sandwich instead of one made with two slices of bread. You can swap a few slices of apple topped with natural nut butter for your usual morning toast. These options are lower in calories, higher in nutrition, and have not added sugar or saturated fat. Don't forget to go on the bread when you're out to eat at a restaurant. It's easy enough to simply ask your server not to bring the breadbasket to your table before your meal. Be aware of exchanges and using them, checking out the calories and portions of your food, and avoiding pre-meal snacking, are all healthy habits that will help you meet and maintain your weight loss goals. Goals.