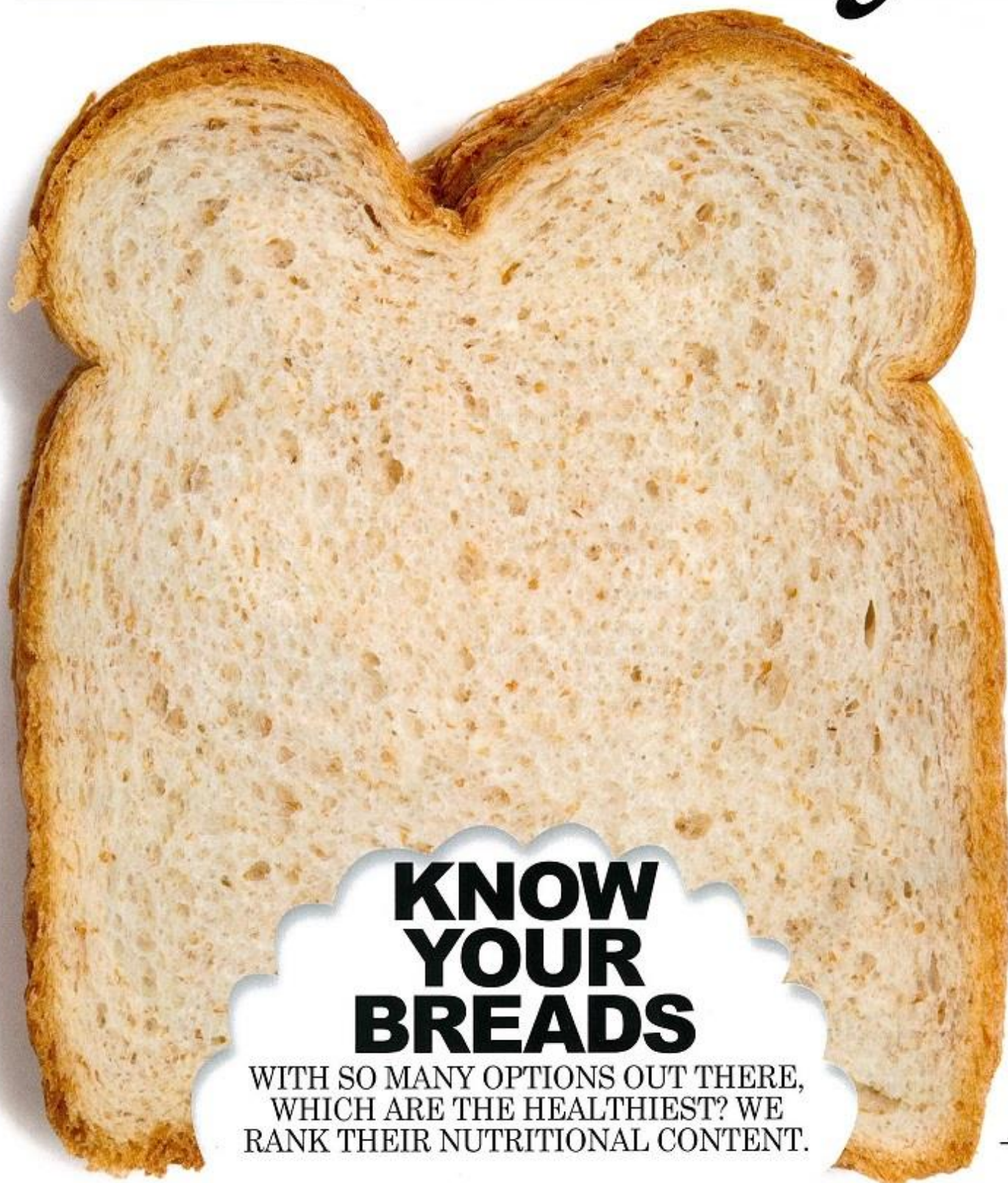


Be healthy

DIET SECRETS / SUPERFOODS / WEIGHT-LOSS TIPS



KNOW YOUR BREADS

WITH SO MANY OPTIONS OUT THERE,
WHICH ARE THE HEALTHIEST? WE
RANK THEIR NUTRITIONAL CONTENT.



pumpernickel bread

Health rating: ✓✓✓✓✓

A slice of this is high in fibre (2g). Rye flour, its main ingredient, has a very high soluble fibre content, which is effective at reducing cholesterol levels as it facilitates its excretion from the body.

One slice = 83 calories

wholemeal bread

Health rating: ✓✓✓✓✓

This is made from unrefined whole grains that have been milled to a finer texture, but without compromising on its fibre content (1.8g for a slice). It's also low in fat (0.7g) and has a low glycaemic index.

One slice (about 30 to 40g) = 77 calories

WE RECOMMEND: SWISS BAKE'S SLICED WHOLEMEAL BREAD

This contains the whole part of the wheat grain – which means you get more protein, fibre, vitamins and minerals – and contains no egg or sugar. Lightly toast it and serve with soup, or as a sandwich base with steamed chicken breast and vegetables.

granary bread (aka multigrain or wholegrain bread)

Health rating: ✓✓✓✓✓

Contains at least five different types of grains including oats, rye, and whole wheat, and seeds such as sunflower and flaxseeds. These give the bread a high fibre content (2.7g for a slice) and a low glycaemic index.

One slice = 88 calories

ciabatta

Health rating: ✓✓

This offers little in the way of nutritional value – it's low in fibre (1g for a slice) and high in refined carbs.

One slice = 70 calories

white bread

Health rating: ✓✓

White bread is usually enriched with vitamin B as this is lost in the milling process of the wheat. However, it's still low in fibre (0.7g for a slice) and has a high glycaemic index compared to its other nutrient-rich counterparts.

One slice = 75 calories

high in sugar too!

One glass of store-bought orange juice (minimum 35 per cent juice) = 127 calories

One cup of coffee with sugar = 66 calories

RETHINK YOUR DRINK!

Here's how much your favourite morning beverages can add to your calorie count.

One glass of tea with one teaspoon of sugar = 22 calories

One cup of coffee with condensed milk = 113 calories

Expert Source Jaclyn Reuters, clinical dietitian at Aptima Nutrition & Sports Consultants.