

## Choosing a Healthy Bread



### Check the ingredient list

The first item on the ingredient list should read **whole grain** (such as whole grain wheat or whole grain rye)



Look on the label for the term **made with 100% whole grain**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

### Nutrition Facts Valeur nutritive

Serving Size (45g) / Per Slice (45g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 100	
<b>Fat / Lipides</b> 1g	<b>2%</b>
Saturated / saturés 0.4g	<b>2%</b>
+ Trans / trans 0g	
<b>Cholesterol / Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium / Sodium</b> 130mg	<b>5%</b>
<b>Carbohydrate / Glucides</b> 21g	<b>7%</b>
<b>Fibre / Fibres</b> 8g	<b>32%</b>
Sugars / Sucres 2g	<b>8%</b>
<b>Protein / Protéines</b> 5g	
Vitamin D / Vitamine D 0mcg	<b>0%</b>
Calcium / Calcium 43mg	<b>4%</b>
Iron / Fer 2mg	<b>6%</b>
Potassium / Potassium 65mg	<b>2%</b>



**Check the serving size.** All of the numbers listed are based on this serving size



Choose bread that has **5% or less** daily value of sodium



Choose bread that has **15% or more** daily value of fibre



**Learn more about choosing healthy foods.**

Visit [www.cardiaccollege.ca](http://www.cardiaccollege.ca) or [www.diabetescollege.ca](http://www.diabetescollege.ca) to watch the Choosing Healthy Foods video series.