

EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

I Bread to Differ

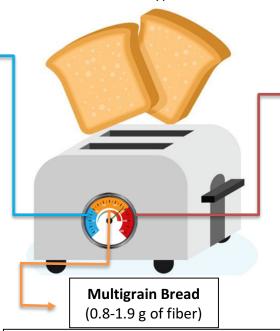
Not all bread is created equal. With so many varieties out there, it can be hard to know which bread is best. One of the most notable nutritional differences between types of bread is the amount of fiber each contains. Fiber is an important nutrient for digestion and gut health. Read below for the breakdown of fiber content in common bread types found in the dining halls.

White Bread (0-0.8 g of fiber)

- Made from flour that only uses one part of the grain.
- Most or all fiber is missing.
- Dining Hall Examples:

 Potato, Panini, Pita,
 and Cinnamon Raisin

 Bread, English Muffins,
 Kaiser Rolls, and
 Croissants



- Made from a blend of flours, but the flours may or may not be whole grain. Check the ingredient list to see which grains are used.
- Often less fiber than whole grain.
- Dining Hall Examples: 7 Grain, 9 Grain, and Multigrain Bread

Whole Grain Bread (1.9 g of fiber)

- Made from flour that is required to use all parts of the grain.
- Since all parts of the grain are utilized, this type of bread contains the most fiber.
- Dining Hall Examples: All breads that list 100% whole grain, including Whole Wheat, Whole Grain, Rye, Pumpernickel, and Sourdough Bread

The Greatest Thing Since...

Author: Taylor Viana Reviewed By: Dr. Peggy Policastro, RDN- Rutgers Dining Services/IFNH References: Is multigrain the same thing as whole grain? Which is the healthier choice? Available at: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/multigrain/faq-20057867 Accessed on: Sept. 13 2019. Which Bread Is Best For You— Whole-Grain, Multigrain or Whole Wheat? Available at: https://health.clevelandclinic.org/bread-best-whole-grain-multigrain-whole-wheat/ Accessed on: Sept. 13 2019. Health Benefits of Rye. Available at: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/multigrain/faq-20057867 Accessed on: Sept. 13 2019. Health Benefits of Rye. Available at: https://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/health-benefits-rye Accessed on: Oct. 16 2019.

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.



