

Lisa R. Young, PhD, RD

## Nutritionist's Picks...



### Whole-Grain Breads

Important nutrients, such as fiber, B vitamins, magnesium and selenium—all of which help protect against heart disease, stroke and diabetes—can be found in whole-grain bread. But you can't judge a bread's nutritional value by its color and texture. *Instead...*

■ **Choose 100% whole grain.**

The label will probably say "100% whole grain." Be sure that the first ingredient is a whole grain, such as whole wheat, whole rye or whole oats. Enriched wheat flour is not a whole grain.

■ **Beware of words such as "multigrain" or "stone ground."**

These terms do not necessarily mean whole grain. And "made from whole grain" generally means it's not 100% whole grain.

■ **Watch out for excess sugar and sodium.** Choose a bread with no more than 4 g of sugar and 200 mg of sodium per slice. *My top picks...*

#### Arnold

##### 100% WHOLE WHEAT

*Serving size:* One slice (1.5 ounces)  
...1 g total fat...0 g trans fat...0 g saturated fat...3 g fiber...170 mg sodium...4 g sugar...110 calories.

#### Pepperidge Farm

##### WHOLE GRAIN 15-GRAIN BREAD

*Serving size:* One slice (1.5 ounces)  
...2 g total fat...0 g trans fat...0.5 g saturated fat...4 g fiber...115 mg sodium...3 g sugar...100 calories.

#### Rudi's Organic Bakery

##### 100% WHOLE WHEAT BREAD

*Serving size:* One slice (1.5 ounces)  
...1 g total fat...0 g trans fat...0 g saturated fat...3 g fiber...170 mg sodium...2 g sugar...100 calories.

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