

SLIMTONE



Bread is an important part of our Lifestyle plan. The following will show how some are a cut above the rest. Look for 😊 low G.I. option.

CALS PER oz/28g	CALS
White sliced	67
😊 Wholemeal/Wheat germ (Hovis)/Brown	61
Currant	83
French	77
Fried Bread in 1 tablespoon (15ml) fat	190
Garlic Bread	100
😊 Granary and Low G.I. Bread	67
Rye	63
Soda Bread	75
Typical Slice from medium cut 88g large loaf	
Brown, Softgrain, White, Wheatgerm	80
😊 Kingsmill Tasty Wholemeal	84
😊 Hovis Best of Both	89
😊 Allinson High Bran	76
😊 Warburton Seeded Batch	127
😊😊 Bergen Soya and Linseed	110
Rolls, Buns, etc. - average values per item	
Bagel small 60g/large 85g	160/225
Baguette small/large	250/400
Breadstick	20
Bread Wraps Plain/Tomato/Seeded approx	180
Ciabatta Roll	187
Croissant Large	295
Crumpet	75
Granary/White	200/200
Hamburger Bun small/large	155/225
Home made one pound loaf in bread maker (i.e. 10 slices -202 cal)	2020
Naan Bread	400
Panini	220
Pitta Bread White Large/Small	180/90
Teacake/Muffin	150