



There are so many new products in the supermarket every day – the following will show some bread really is a cut above the rest!

Cals per oz/ 28g	Cals
☺ Granary, Low G.I. and Seeded Bread	67
☺ Wholemeal/Wheat germ (Hovis)/Brown/White Sliced	61
Rye	63
Currant	83
French Stick/Soda Bread	75
Fried Bread in 1 tablespoon (15ml) fat	190
Garlic Bread	100
<b>Rolls, Buns, etc. - average values per item</b>	
Bagel small 60g/large 85g	160/225
Baguette small/large	250/400
Ciabatta Roll	187
Granary & White Bap (approx 3ozs/84g)	200
Breadstick	20
Hamburger Bun small/large	155/225
Croissant Large	295
Crumpet Multi grain and Sourdough Crumpet/Giant Crumpet	92/187
Naan Bread	400
Pitta Bread White Large/Small	180/90
Teacake/Muffin	150
Home made in bread maker (a pound loaf in approx. 10 slices -202 cals)	2020
<b>What will one of the Slimtone favourites cost you</b>	
Warburton's Sandwich Thins	100
Warburton's Soft Brown Pitta (Really Popular)	151
Warburton's Square Wraps	187
Warburton's Bagel Thins	130
Warburton's Muffins	146
Warburton's Pancake's	66
Warburton's Cinnamon Fruit Loaf (per slice)	98
Kingsmill Burger Thins " "	112
Tesco's seeded Thins " "	120
Bertinet Seeded Sourdough Loaf	106
Brace's Gwynny White Bloomer with sourdough/Tiger Bay White Batch Loaf with sourdough	117
Brace's Welsh Cakes	126

☺ Low G.I. which is slow-release energy and sustains the appetite for longer.