

Bread Guide

We use **100% whole wheat bread** (like Great Value 100% Whole Wheat Round Top Bread) as it's an affordable, accessible, nutritious choice. However, you can choose another option. Here are a few swaps and how they differ:



Similar Swaps

***These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



WHEAT

Slightly fewer nutrients and more refined flour than 100% whole wheat, touch lower in fiber and protein per slice.



DAVE'S KILLER

One slice of Dave's Killer Bread is about equal to two slices of Walmart's whole wheat.



EZEKIEL

Slightly more nutrient-dense, one slice is roughly equivalent to 1.33 slices.



Other Options

***These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



SOURDOUGH

Usually less fiber and protein, and the fermentation may make it easier to digest for some people.



LOW CARB

Much lower in carbs and often higher in protein, fiber and fat.



WHITE

Comparable in calories but lower in fiber and protein since it's made from refined flour.



TORTILLA

Similar in calories to 1-2 slices, but usually has a bit less protein and fiber.



PITA

About the same as 2 slices of bread in calories and carbs, can have a little less fiber and protein.



CRACKERS

Usually a touch lower in protein and fiber and may be higher in sodium.



WHEAT ENG. MUFF.

Roughly equivalent to 2 slices of whole wheat bread.



LIGHT ENG. MUFF.

Roughly 1.5 slices of in calories and carbs, with more fiber per serving.

Whole Wheat Bread Fact Sheet

Per 1 slice (~1 oz)

Calories	Fat	Protein	Carbs	Fiber	Cost
60	1	3	12	2	0.089



- Contributes **fiber**, supporting gut health, satiety, and stable blood sugar.
- Bread is predominantly a **carbohydrate source** to fuel the brain, preserve lean body mass, support mood stability, and provide energy for daily activity.
- Contains meaningful amounts of **B1 (thiamin), B3 (niacin), B6, and folate**, which help convert food into energy, support brain and nerve function, and maintain healthy red blood cells.
- **Ready-to-use** for sandwiches, toast, or meal prep, making it easier to build balanced meals.
- Pairing with protein, fat, or produce **enhances satiety and nutrient absorption**.
- Carbohydrate needs vary by age, activity, body size, and overall diet, so adjust portions based on your own hunger and energy needs. Total daily carbs should at least reach ~130g to ensure the brain has enough glucose, with the remainder available for muscles, activity, and other tissues.