

# 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.