

## Brown Bread Equals Whole Grain

Contributed by Skinny Myths Team

SKINNY MYTHS: "Brown Bread equals whole-grain"

Myth.

Color is not a sign of whole grain.

Brown bread may come from caramel coloring, not necessarily whole grains, and could be just like white bread, spiking a sugar high followed by a crash that leads to hunger.

The key is language on the label.

Look for labels where "whole-wheat" or "whole-grain" top the list of ingredients.

Look for breads with 3-5 grams of FIBER per slice and beware that one serving isn't three slices.

Whole grains reduce your risk of many chronic ailments, from obesity and diabetes to cardiovascular disease.

Whole grains help moderate dramatic swings in blood sugar, and the fiber in whole grains provide a higher Fullness Index, which means you feel fuller and eat less.

Source Reference:

- Shanta-Retelny V. The Whole Story – Fiber, Whole Grains, & Health. Today's Dietitian 2005 7(2):28.  
([http://www.todaysdietitian.com/newarchives/td\\_0205p28.shtml](http://www.todaysdietitian.com/newarchives/td_0205p28.shtml)).

<http://www.cfsan.fda.gov/~dms/flragui.html>