

Smart trolley CHOICES

THREE HEALTH AND NUTRITION EXPERTS TAKE THE TRAUMA OUT OF MAKING THE BEST FOOD CHOICE THIS MONTH: MIXED-GRAIN TOAST BREAD



TEXT: PAMELA MARKER • PHOTOGRAPHY: GETTY IMAGES

Each month, our panel of experts will analyse a group of closely related food products to help you make the best choice to place in your shopping trolley, saving you time and helping you and your family to eat healthier. Along the

way, we hope you'll learn a lot about the importance of knowing exactly what's in your food. Reading the labels on the backs of packets can seem time consuming, but it's worth it when you consider the health gains on offer.

PRODUCT	NUTRITIONAL DETAILS (per 100g)	COMMENT
Tip Top Goodness Grains 700g (\$4.29)	 Energy: 1068kJ. Protein: 9.9g. Fat total: 2.8g (saturated fat: 0.6g). Carbohydrate total: 44.7g (sugars: 1.8g). Dietary fibre: 4.5g. Sodium: 400mg. Folate: 200µg. Iron: 4.5mg. Vitamin E: 5.3mg.	"This is the only bread fortified with additional vitamins and minerals such as iron (for immunity), folate (especially important in pregnancy) and vitamin E." Angela
Freya's Tuscan Mixed Grain 750g (\$4.49)	 Energy: 1090kJ. Protein: 9.8g. Fat total: 3.2g (saturated fat: 0.5g). Carbohydrate total: 45.0g (sugars: 3.0g). Dietary fibre: 5.3g. Sodium: 450mg.	"Bread usually has unexpectedly high levels of salt. With the highest amount of salt of all varieties, I wouldn't purchase this." Renee
Molenberg Original Toast 700g (\$4.39)	 Energy: 970kJ. Protein: 9.5g. Fat total: 2.2g (saturated fat: 0.6g). Carbohydrate total: 42.8g (sugars: 2.0g). Dietary fibre: 5.3g. Sodium: 430mg.	"I just don't think bread needs additives to be any better than the next loaf, so this one wouldn't make it into my trolley." Renee
Vogels 750g (\$3.50)	 Energy: 910kJ. Protein: 9.0g. Fat total: 1.0g (saturated fat: 0.3g). Carbohydrate total: 40.4g (sugars: 3.2g). Dietary fibre: 4.1g. Sodium: 425mg.	"Great product. Best for grains. No unnecessary ingredients. Lower GI than Burgen. Great protein-fat-carbohydrate ratio." Ginny
Signature Range 700g (\$3.39)	 Energy: 1130kJ. Protein: 11.2g. Fat total: 4.9g (saturated fat: 0.6g; trans fat: less than 0.1g; polyunsaturated: 1.7g; monounsaturated: 2.5g). Carbohydrate total: 41.4g (sugars: 3.2g). Dietary fibre: 6.8g. Sodium: 365mg.	"Good product. Lowest sodium, good fibre and no preservatives. Higher fat with added canola like Burgen." Ginny
WINNER Burgen 700g (\$4.69)	 Energy: 938kJ. Protein: 12.4g. Fat total: 5.4g (saturated fat: 0.7g; trans fat: less than 0.1g; polyunsaturated: 3.1g; monounsaturated: 1.6g). Carbohydrate total: 27.0g (sugars: 2.3g). Dietary fibre: 8.6g. Sodium: 410mg. Iron: 2.0mg.	"This contained the least amount of wholegrains but the highest fibre and protein. While the fat level was the highest, this came mostly from heart-healthy polyunsaturated fats." Angela

THE PANEL:



GINNY McARTHUR

A personal trainer and nutritionist specialising in weight loss, fitness and wellness plans. www.outlookforlife.co.nz



ANGELA BERRILL

This university-qualified nutritionist is passionate about weight loss for the long term. www.abcnutrition.co.nz



RENÉE LEONARD-STAINTON

A qualified naturopath, nutritionist and Western medical herbalist for clients around the world. www.reneenaturally.com

WHEN CHOOSING BREAD REMEMBER...

- * "The grainier the better, unless you are about to run a marathon – then, believe it or not, you are better with wheatmeal or white for more available energy and less residue or fibre in the gut." Ginny
- * "Keep away from additives and preservatives, and choose a variety that contains wholegrains and additional fibre and protein sources such as sunflower seeds, linseeds or pumpkin seeds." Renee
- * "Look for breads which contain the most fibre and wholegrains. For those who do not like dense, darker breads there are now many softer varieties available which provide good levels of wholegrains and fibre." Angela

To add nutrition to a sandwich or toast:
 Add baked beans, poached eggs, natural nut butter, hummus or cottage cheese.



