

Woman's Center for Wellness

9637 Jefferson Highway
Baton Rouge, LA 70809

225-924-8313



BREADS/GRAINS

- Ezekiel 4:9 Sprouted Whole Grain Bread
- Silver Hills Sprouted Bakery (The Big 16 or Ancient Grains)
- Rudi's 100% Whole Wheat Bread
- Our Daily Bread Mainstay (local)
- Dave's Killer Bread (Powerseed or Sprouted Whole Grains)
- Flatout Flatbread Healthy Grain varieties
- Orowheat 100% Whole Wheat Bread
- Thomas 100% Whole Wheat English Muffins
- Joseph's Wheat Lavash and Pita Bread
- ThinSlim Foods Love The Taste Bread
- Arnold Whole Grains Bread
- Alexia Artisan Whole Grain Rolls

Choose Your Own:

- Look at the front label- should state made with "100% whole wheat/grain flour"
- Look at the list of ingredients- whole wheat flour or whole grain should be the first ingredient
- Look at the number of ingredients- the less, the better
- Look at the nutrition facts label- ideally, each slice should
 - Be low in sodium (less than 250 mg of sodium per slice)
 - Have at least 2-3 grams of fiber
- Breads that are found on shelves usually have a longer shelf life and include more preservatives- look for breads in the fridge or freezer section
- Keep breads in fridge for longer lasting freshness