

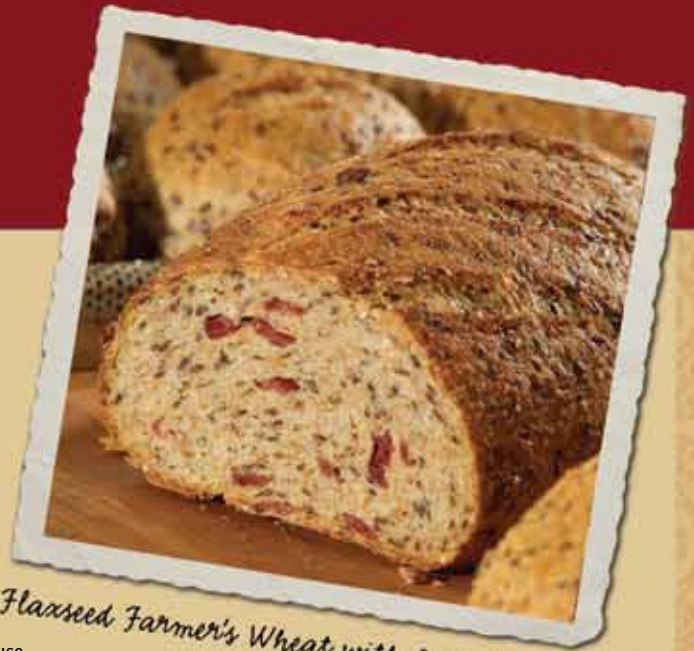
# BREAD

## AND YOUR HEALTH

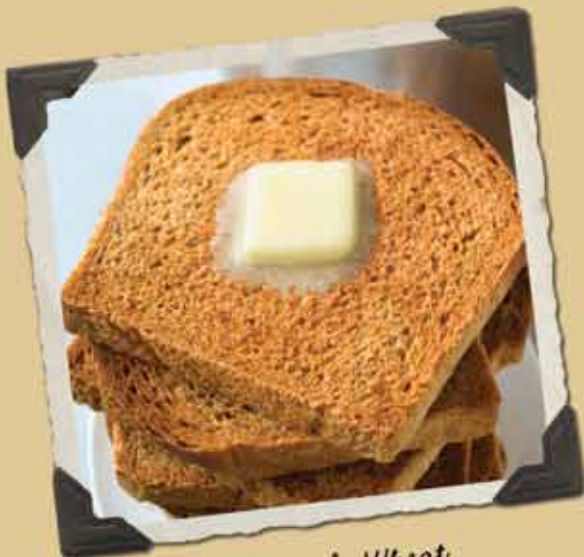
Bread is an important part of every healthy diet. It's something that most of us consume daily as a baseline for our meals. There are a great variety of breads in the marketplace with varying levels of nutritional value. This guide is designed to make it easier for you to enjoy the Breadsmith breads that best align with your health goals.

Breadsmith specializes in hand-crafted artisan breads made from scratch using the highest quality ingredients. Also, our breads are baked fresh daily, so you never have to worry about preservatives.

**FACT:** Whole grains are an important source of fiber because they are unrefined. That means the whole grain is left intact, keeping more of its fiber and other nutrients.



*Flaxseed Farmer's Wheat with Cranberries*



*100% Whole Wheat*

## THE IMPORTANCE OF FIBER

According to the Mayo Clinic, a high-fiber diet may help reduce the risk of heart disease and diabetes. The foods highest in fiber include grains, whole grains, fruits, vegetables, beans and nuts. It is recommended that women consume 21 to 25 grams of fiber a day and men consume 30 to 38 grams a day.

Breadsmith breads with three or more grams of fiber per serving include:

- Austrian Pumpernickel
- Bran Muffins
- Flaxseed Farmer's Wheat with Cranberries
- 100% Whole Wheat
- 100% Whole Wheat Raisin Cinnamon
- 100% Whole Wheat Sourdough



**FACT:** Breadsmith is kosher parve. Parve foods are considered neutral and can therefore be eaten with milk or meat.



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**BREADS/ROLLS**

		Serving Size*	Calories*	Total Fat*	Sodium*	Carbs*	Fiber*	Sugar*
100% Whole Wheat	whole wheat flour, water, honey, salt, yeast, wheat gluten	1/2" slice	100	.5 g	200 mg	21 g	3 g	4 g
100% Whole Wheat Raisin Cinnamon	whole wheat flour, water, raisins, honey, salt, yeast, wheat gluten, cinnamon	1/2" slice	120	.5 g	190 mg	25 g	3 g	6 g
100% Whole Wheat Sourdough	whole wheat flour, water, sour culture, salt, yeast	1/2" slice	90	0 g	170 mg	18 g	3 g	1 g
Austrian Pumpernickel	water, whole wheat flour, rye meal, cracked wheat, caraway seeds, salt, yeast	1/2" slice	90	.5 g	115 mg	19 g	4 g	0 g
Baguette/Boule	unbleached-unbromated wheat flour, water, salt, yeast	1/2" boule slice	100	0 g	220 mg	20 g	1 g	0 g
Blueberry Cranberry	unbleached-unbromated wheat flour, water, honey, dried blueberries, dried cranberries, salt, yeast	1/2" slice	90	0 g	140 mg	18 g	1 g	4 g
Caraway Rye	unbleached-unbromated wheat flour, water, rye flour, caraway seed, salt, yeast	1/2" slice	90	.5 g	180 mg	19 g	2 g	1 g
Chocolate Babka	unbleached-unbromated wheat flour, soy milk, white sugar, margarine, water, cocoa, cinnamon, salt, yeast, vanilla, almond extract	1/2" slice	150	5 g	150 mg	22 g	1 g	7 g
Chocolate Cherry	unbleached-unbromated wheat flour, water, chocolate chips, dried cherries, honey, cocoa, salt, yeast	1/2" slice	100	1.5 g	130 mg	19 g	1 g	4 g
Chocolate Panettone (1, 2)	unbleached-unbromated wheat flour, chocolate chips, water, soy milk, almonds, sugar, margarine, eggs, sourdough culture, salt, pure chocolate extract, yeast, almond extract	1/2" slice	160	7 g	120 mg	22 g	2 g	7 g
Ciabatta	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	80	0 g	170 mg	16 g	1 g	0 g
Ciabatta w/ Greek Olives	unbleached-unbromated wheat flour, water, salt, kalamata olives, yeast	1/2" slice	70	.5 g	170 mg	13 g	1 g	0 g
Ciabatta w/ Rosemary	unbleached-unbromated wheat flour, water, salt, garlic, rosemary, yeast	1/2" slice	70	0 g	150 mg	14 g	1 g	0 g
Cinnamon Swirl Pullman (1)	unbleached-unbromated wheat flour, water, eggs, brown sugar, white sugar, margarine, salt, yeast, cinnamon	1/2 of 1" slice	140	2.5 g	240 mg	25 g	1 g	5 g
Country White (1)	unbleached-unbromated wheat flour, water, eggs, white sugar, margarine, salt, yeast	1/2" slice	120	2.5 g	220 mg	21 g	1 g	3 g
Cranberry Cornbread	unbleached-unbromated wheat flour, water, cornmeal, dried cranberries, honey, salt, yeast	1/2" slice	110	0 g	160 mg	24 g	1 g	4 g
Crostini	unbleached unbromated wheat flour, water, olive oil, salt, vinegar, garlic, yeast, Italian seasoning (oregano, basil, thyme, rosemary, marjoram)	approx. 3 pieces	140	7 g	230 mg	15 g	1 g	0 g
Croutons (3)	cubes of French Boule, olive oil, canola oil, Italian seasoning	approx. 10 pieces	70	1.5 g	250 mg	13 g	1 g	0 g
Dark Raisin Walnut Rye (2)	unbleached-unbromated wheat flour, water, raisins, walnuts, rye flour, honey, flaxseed, caramel color, molasses, salt, yeast	1/2" slice	120	3 g	110 mg	22 g	2 g	5 g
English Muffin Bread (3)	unbleached-unbromated wheat flour, water, salt, vinegar, canola oil, white sugar, yeast, dusted w/ cornmeal	1/2" slice	90	.5 g	200 mg	18 g	1 g	1 g
Flaxseed Farmer's Wheat w/ Cranberries	water, unbleached-unbromated wheat flour, whole wheat flour, dried cranberries, flaxseed, cornmeal, oats, honey, cracked wheat, rye meal, sunflower seeds, wheat bran, salt, yeast	1/2" slice	130	2.5 g	140 mg	23 g	3 g	4 g
Focaccia (plain)	unbleached-unbromated wheat flour, water, olive oil, sugar, garlic, salt, Italian herbs, dusted w/ cornmeal	1/2" slice	150	2.5 g	270 mg	27 g	1 g	2 g
French Peasant	unbleached-unbromated wheat flour, water, cracked wheat, salt, yeast	1/2" slice	100	0 g	210 mg	20 g	1 g	0 g
Honey Wheat	unbleached-unbromated wheat flour, water, whole wheat flour, oats, honey, bran, salt, yeast	1/2" slice	100	.5 g	170 mg	21 g	2 g	3 g
Honey White and Honey Challah	unbleached-unbromated wheat flour, water, honey, salt, yeast	1/2" slice	80	0 g	130 mg	17 g	1 g	2 g
Hot Cross Buns	unbleached-unbromated wheat flour, water, raisins, powdered sugar, honey, orange juice, salt, yeast, orange peel, cinnamon, vanilla	1 bun	300	1 g	360 mg	67 g	2 g	21 g
Irish Soda Bread	soy milk, whole wheat flour, unbleached-unbromated wheat flour, raisins, oats, margarine, white sugar, water, baking powder, honey, salt, baking soda, apple cider vinegar	1/2" slice	170	4.5 g	200 mg	28 g	3 g	7 g
Mediterranean Herb	unbleached-unbromated wheat flour, water, dill dip seasoning, salt, yeast	1/2" slice	80	0 g	210 mg	17 g	1 g	0 g
Multigrain	water, unbleached-unbromated wheat flour, cornmeal, cracked wheat, rye meal, sunflower seeds, oats, salt, yeast	1/2" slice	110	1.5 g	200 mg	21 g	2 g	0 g
New York Style Rye	unbleached-unbromated wheat flour, water, fine rye meal, malt syrup, salt, caraway seeds, yeast, dusted w/ cornmeal	1/2" slice	90	0 g	130 mg	18 g	2 g	1 g
Potato	unbleached-unbromated wheat flour, water, potato flakes, sugar, salt, yeast	1/2" slice	100	0 g	190 mg	22 g	1 g	1 g
Pretzels (3)	unbleached-unbromated wheat flour, water, canola oil, white sugar, barley malt syrup, salt, yeast, baking soda	1/2 pretzel	220	4.5 g	240 mg	38 g	1 g	4 g
Raisin Cinnamon	unbleached-unbromated wheat flour, water, raisins, salt, yeast, cinnamon	1/2" slice	100	0 g	160 mg	22 g	1 g	4 g
Raisin Walnut (2)	unbleached-unbromated wheat flour, water, whole wheat flour, raisins, walnuts, salt, yeast	1/2" slice	120	2.5 g	170 mg	21 g	2 g	4 g
Rustic Italian	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	140	.5 g	260 mg	28 g	1 g	1 g
Sourdough	unbleached-unbromated wheat flour, water, sour starter, salt	1/2" slice	110	.5 g	200 mg	21 g	1 g	1 g
Stollen (1, 2)	unbleached-unbromated wheat flour, soy milk, margarine, golden raisins, currants, sugar, almonds, orange peel, lemon peel, eggs, rum, yeast, salt	1/2" slice	150	6 g	85 mg	21 g	1 g	5 g
Vanilla Egg Challah (1, 3)	unbleached-unbromated wheat flour, water, white sugar, eggs, canola oil, vanilla, yeast, salt	1/2" slice	100	2 g	45 mg	17 g	1 g	3 g
Vanilla Egg Raisin Challah (1, 3)	unbleached-unbromated wheat flour, water, raisins, white sugar, eggs, canola oil, vanilla, yeast, salt	1/2" slice	100	2 g	40 mg	18 g	1 g	5 g
Walnut Babka (1, 2)	unbleached-unbromated wheat flour, soy milk, walnuts, sugar, margarine, water, eggs, honey, salt, yeast, lemon extract, orange peel, lemon peel, lemon juice	1/2" slice	140	6 g	100 mg	20 g	1 g	5 g
Wheat Lavosh Crackers	unbleached-unbromated wheat flour, water, whole wheat flour, sesame seeds, olive oil, sugar, salt, yeast	2 crackers (1 oz.)	120	3 g	210 mg	20 g	2 g	1 g

NOTE: Some items are only offered seasonally.

(1) Contains eggs. (2) Contains nuts. (3) Contains canola oil. \*Based on serving size of 1/2" slice of bread is approx. 1.5 oz.; dinner rolls are approx. 4 oz.; banquet size dinner rolls/buns are approx. 2.5 oz.

Our margarine is TRANS-FAT FREE and contains the following ingredients: palm oil, water, soybean oil, salt, soy lecithin, natural flavor, beta carotene (color), vitamin A palmitate.

## SWEETS AND QUICK BREADS/MUFFINS

		Serving Size*	Calories*	Total Fat*	Sodium*	Carbs*	Fiber*	Sugar*
100% Whole Wheat Apple Cranberry Bread (1, 3)	whole wheat flour, apples, cranberries, brown sugar, eggs, sugar, unsweetened applesauce, oats, water, canola oil, baking powder, salt, vanilla extract	1/2" slice or 1/3 muffin	130	4 g	125 mg	21 g	2 g	10 g
Apple Cinnamon Walnut Bread (1, 2, 3)	unbleached-unbromated wheat flour, white sugar, apples, canola oil, eggs, walnuts, unsweetened applesauce, baking powder, cinnamon, nutmeg	1/2" slice or 1/3 muffin	160	8 g	55 mg	22 g	1 g	13 g
Banana Bread (1, 3)	bananas, unbleached-unbromated wheat flour, white sugar, canola oil, eggs, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	130	4 g	180 mg	22 g	1 g	11 g
Banana Chocolate Chip Bread (1, 3)	bananas, unbleached-unbromated wheat flour, white sugar, canola oil, eggs, semi-sweet chocolate chips, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	140	5 g	160 mg	23 g	1 g	13 g
Banana Walnut Bread (1, 2, 3)	bananas, unbleached-unbromated wheat flour, white sugar, canola oil, eggs, walnuts, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	160	7 g	140 mg	21 g	1 g	12 g
Bran Muffin (1, 3)	soy milk, raisins, unbleached-unbromated wheat flour, water, applesauce, wheat bran, whole wheat flour, sugar, brown sugar, molasses, eggs, canola oil, baking soda, cinnamon, salt	1/3 muffin	127	2 g	113 mg	25 g	3 g	11 g
Caramel Pecan Bun (2) 2.5 oz.	unbleached-unbromated wheat flour, water, brown sugar, margarine, pecans, corn syrup, sugar, cinnamon, bourbon, salt, yeast	1 mini or 1/3 large	270	12 g	240 mg	39 g	2 g	17 g
Chocolate Chocolate Chip Bread (1, 3)	unbleached-unbromated wheat flour, sugar, semi-sweet chocolate chips, unsweetened applesauce, eggs, soy milk, canola oil, cocoa, chocolate extract, baking powder, salt, vanilla extract, baking soda	1/2" slice or 1/3 muffin	160	6 g	105 mg	26 g	1 g	14 g
Cinnamon Bun (1) 2.5 oz.	unbleached-unbromated wheat flour, water, brown sugar, margarine, eggs, powdered sugar, sugar, cinnamon, salt, yeast, light corn syrup, vanilla extract, brushed with egg wash	1 mini or 1/3 large	230	7 g	260 mg	39 g	1 g	16 g
Cranberry Orange Bread (1)	unbleached-unbromated wheat flour, white sugar, orange juice, cranberries, margarine, eggs, baking powder, orange peel, baking soda, salt	1/2" slice or 1/3 muffin	140	4.5 g	140 mg	23 g	1 g	11 g
Honey Cake (1, 3)	rye flour, honey, sugar, eggs, water, canola oil, baking soda, salt, cinnamon	1/2" slice (41 g)	170	5 g	190 mg	29 g	2 g	18 g
Lemon Blueberry Bread (1, 3)	unbleached-unbromated wheat flour, sugar, blueberries, water, eggs, margarine, canola oil, lemon juice, baking powder, light corn syrup, lemon extract, vanilla extract, salt	1/2" slice or 1/3 muffin	150	5 g	140 mg	24 g	1 g	13 g
Lemon Lavender Bread (1, 3)	unbleached-unbromated wheat flour, white sugar, eggs, water, margarine, canola oil, lemon juice, baking powder, lemon extract, light corn syrup, vanilla, fresh lavender, salt	1/2" slice or 1/3 muffin	160	5 g	160 mg	27 g	0 g	14 g
Pumpkin Bread (1, 3)	pumpkin, unbleached-unbromated wheat flour, white sugar, eggs, canola oil, brown sugar, water, pumpkin pie spice, baking soda, baking powder, salt	1/2" slice or 1/3 muffin	140	4.5 g	190 mg	22 g	1 g	14 g
Pumpkin Bread w/ Walnuts (1, 2, 3)	pumpkin, unbleached-unbromated wheat flour, white sugar, eggs, canola oil, walnuts, brown sugar, water, pumpkin pie spice, baking soda, baking powder, salt	1/2" slice or 1/3 muffin	160	6 g	180 mg	21 g	1 g	13 g
Scones: Almond Chocolate (1, 2)	unbleached unbromated wheat flour, chocolate chips, soy milk, margarine, sugar, almonds, eggs, powdered sugar, baking powder, almond extract, salt, baking soda	1 mini or 1/2 scone	350	18 g	360 mg	43 g	2 g	19 g
Scones: Blueberry (1)	unbleached-unbromated wheat flour, blueberries, soy milk, margarine, sugar, eggs, baking powder, baking soda, salt	1 mini or 1/2 scone	280	11 g	350 mg	40 g	2 g	12 g
Scones: Colorado Peach (1)	unbleached unbromated wheat flour, fresh peaches, sugar, soy milk, margarine, eggs, baking powder, cinnamon, baking soda, salt	1 mini or 1/2 scone	280	10 g	330 mg	43 g	1 g	17 g
Scones: Cranberry (1)	unbleached-unbromated wheat flour, cranberries, soy milk, margarine, sugar, eggs, baking powder, salt, baking soda	1 mini or 1/2 scone	270	11 g	370 mg	40 g	2 g	11 g
Scones: Pumpkin with Citrus Icing (1)	unbleached-unbromated wheat flour, brown sugar, soy milk, pumpkin, margarine, powdered sugar, eggs, orange juice, water, baking powder, vanilla extract, salt, nutmeg, ginger, cinnamon, baking soda	1 mini or 1/2 scone	300	9 g	320 mg	49 g	2 g	18 g
Scones: Maple Pecan (1, 2)	unbleached-unbromated wheat flour, pecans, soy milk, margarine, sugar, eggs, pure maple syrup, baking powder, baking soda, salt, maple extract	1 mini or 1/2 scone	350	16 g	380 mg	48 g	2 g	23 g
Scones: Traditional (1)	unbleached-unbromated wheat flour, soy milk, margarine, sugar, eggs, baking powder, baking soda, salt	1 mini or 1/2 scone	330	13 g	450 mg	46 g	1 g	12 g
Sunrise Muffin (1, 2, 3)	honey, unbleached-unbromated wheat flour, canola oil, apples, carrots, whole wheat flour, eggs, pineapple, walnuts, baking soda, baking powder, salt, cinnamon, nutmeg, mace	1/3 muffin	155	8 g	247 mg	18 g	1 g	9 g
Sweet Cornbread w/ Blueberries (1)	soy milk, unbleached-unbromated wheat flour, sugar, whole wheat flour, cornmeal, margarine, blueberries, eggs, baking powder, vanilla, baking soda, salt	1/2" slice or 1/3 muffin	140	5 g	170 mg	21 g	2 g	7 g
Traditional Cornbread (1)	soy milk, unbleached-unbromated wheat flour, corn meal, sugar, eggs, water, baking powder, salt, margarine	1/2" slice	110	1 g	230 mg	22 g	1 g	6 g
Zucchini Bread (1, 3)	unbleached-unbromated wheat flour, sugar, zucchini, canola oil, eggs, vanilla, salt, cinnamon, baking soda, baking powder	1/2" slice or 1/3 muffin	170	8 g	115 mg	22 g	1 g	13 g
Zucchini Bread w/ Walnuts (1, 2, 3)	unbleached-unbromated wheat flour, sugar, zucchini, canola oil, eggs, walnuts, vanilla, salt, cinnamon, baking soda, baking powder	1/2" slice or 1/3 muffin	180	9 g	105 mg	21 g	1 g	13 g

## COOKIES

		Serving Size*	Calories*	Total Fat*	Sodium*	Carbs*	Fiber*	Sugar*
Brownie (1)	sugar, semi-sweet chocolate chips, unbleached-unbromated wheat flour, eggs, margarine, cocoa, vanilla extract, salt	1/2 large	530	33 g	310 mg	59 g	2 g	42 g
Oatmeal Chocolate Chip Cookie (1)	semi-sweet chocolate chips, margarine, oats, whole wheat flour, brown sugar, sugar, eggs, unbleached-unbromated wheat flour, baking powder, salt, vanilla extract	1 cookie	260	14 g	170 mg	33 g	3 g	19 g
Oatmeal Raisin Cookie (1)	margarine, raisins, oats, whole wheat flour, brown sugar, sugar, eggs, unbleached-unbromated wheat flour, baking powder, salt, vanilla extract	1 cookie	240	11 g	190 mg	34 g	2 g	18 g
Peanut Butter Cookie (1, 2)	peanut butter, unbleached-unbromated wheat flour, sugar, margarine, brown sugar, eggs, vanilla extract, baking powder, salt, baking soda	1 cookie	270	15 g	220 mg	30 g	2 g	18 g
Peanut Butter Chocolate Chip Cookie (1, 2)	peanut butter, unbleached-unbromated wheat flour, semi-sweet chocolate chips, sugar, margarine, brown sugar, eggs, vanilla extract, baking powder, salt, baking soda	1 cookie	280	16 g	190 mg	30 g	2 g	19 g
Soft Gingerbread Cookie (1)	unbleached-unbromated wheat flour, brown sugar, margarine, eggs, molasses, cinnamon, ginger, baking soda, baking powder, salt	1 cookie	240	11 g	250 mg	35 g	1 g	19 g

## FRESH INGREDIENTS

Produce in its peak season tastes best. That's why Breadsmith has such a strong focus on freshness. For example, we only make Lemon Blueberry Bread when blueberries are in season.

## WATCHING PORTIONS

It is smart to compare portion (what you eat) with serving size. But keep in mind that serving size is not a recommendation of what you should eat; it is a standardized way to compare similar foods with each other. Considering portion and serving size side-by-side allows you to calculate the nutrition you actually consume. This helps to be more aware of what you eat and therefore consume more of what's healthy and less of what's not.

For example, if you have a sandwich (one portion) with two slices (two servings) of Breadsmith 100% Whole Wheat, you accounted for two of your grain servings for the day. And when you're in the mood for something sweet, that Mini Cinnamon Bun is not only cute, but it is also a good way to not over-indulge.



*Lemon Blueberry Bread*

## HELP WITH SODIUM CONTROL

"Nearly all Americans consume substantially more salt than they need," according to the US Department of Health. Many people avoid excess sodium in their diets as a way to reduce the risk of high blood pressure. It is recommended that adults consume less than 2,300 mg of sodium per day. Foods considered low in sodium have 140 mg (five percent of daily value) or less in sodium.

A few Breadsmith options with 140 mg or less per slice

- Austrian Pumpernickel
- Honey White and Honey Challah
- Flaxseed Farmer's Wheat with Cranberries

## CONCERNED ABOUT ALLERGIES?

Breadsmith breads are made in a facility with nuts, eggs, wheat and soy milk. Review the ingredient chart for detailed information.

**FACT:** Breadsmith breads are baked fresh every day.

## OUR BAKERY IS DAIRY FREE

What does that mean for you? Our products do not contain any dairy ingredients. For the few products that contain an oil ingredient, we use canola oil or a specialized non-hydrogenated margarine that contains no artificial trans fat. Most of our products contain two percent or less of your daily value of fat.

**FACT:** Many Breadsmith breads are vegan, which means they contain no animal products.



**BREADSMITH**  
HAND MADE. HEARTH BAKED.

**Minnetonka** (Near Ridgedale) 952-475-0099

**Edina** (50th & France) 952-920-2778

**St. Paul** (Grand & Snelling) 651-690-3224

[www.breadsmithMN.com](http://www.breadsmithMN.com)

**CITATIONS** Thanks to:

Mayo Clinic Staff. "Dietary Fiber: an Essential Part of a Healthy Diet." 30 Nov. 2007. Mayo Clinic. 14 Dec. 2007 <<http://www.mayoclinic.com/>>.

"Dietary Guidelines for Americans." 16 Oct. 2006. US Department of Health and Human Services and US Department of Agriculture. 14 Dec. 2007 <<http://www.health.gov/dietaryguidelines/>>.