



A Teaspoon Guide to Australian Breads

In *The Sweet Poison Quit Plan*, I included the graph of breads set out below. Most bread is low in sugar but some is surprisingly high. The chart compares the fructose percentage with the fibre in most popular breads. All breads contain some levels of sugar. But all of the standard unflavoured white breads will lie somewhere between half a percent and 4 percent sugar (2 percent fructose). This is about half the best fruit (Kiwi Fruit) and with equivalent amounts of fibre.

Below the graph I have set out some lists of the breads, muffins and crumpets you are most likely to encounter in a supermarket. I've also included a stand-alone list for gluten free breads. Brumby's is a notable omission. They do not currently publish their nutrition data. If they ever do, I'll add them to the list. It is probably safe to assume that they have similar sugar levels to Baker's Delight.

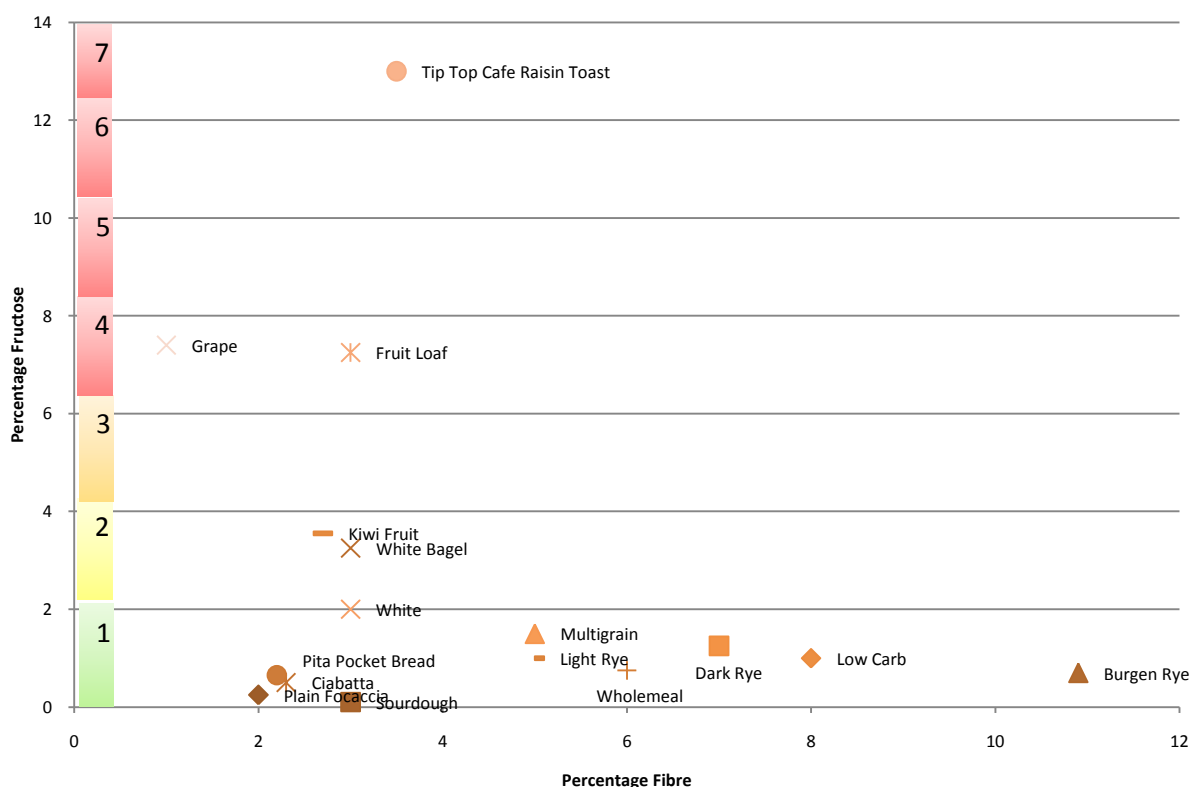


Figure 1 - The coloured scale to the left is the equivalent number of teaspoons of sugar to deliver this much fructose

The Best 10

Some of the best breads come from a small Queensland Bakery (<http://www.homestylebake.com.au/>) and may be hard to get outside that State. For everyone else anything in the Best 10 would be a fine choice to place underneath your Vegemite.

1	Homestyle Bake White	0.1%
2	WonderWhite Muffin Baker's Delight White Spelt Loaf	0.2%
3	Homestyle Bake Multigrain	0.3%
4	Homestyle Bake Wholemeal	0.5%
5	Helga's Mixed Grain	0.7%
6	Country Life Country Grain & Organic Rye Country Life Organic Rye	0.9%
7	Golden White Crumpets Coles White Crumpets Coles Wholemeal Crumpets Woolworths White Crumpets Baker's Delight Hi-Fibre Lo-GI White	1.0%
8	Lawson's Homestead Seed & Grain Baker's Delight White, Multigrain and Wholemeal Bread Range Helga's Seed Sensations Rich Wholegrain King Henry's Bakehouse Rye	1.3%-1.5%
9	Burgen Rye Lawson's Settler's Grain Country Life Flaxseed Sunflower & Sourdough Rye Baker's Delight Cape Seed Loaf Tip Top English Multigrain Muffins	1.6%
10	Coles Bakery White Coles Cottage Style Split Woolworths English Muffins Woolworths Grains + Baker's Delight Lekkerbrot Loaf Tip Top 9 Grain Multigrain	1.8%-1.9%

The Worst 10

It won't come as a great surprise that most of the breads on this list are full of dried fruit. The average sultana is 60-70 per cent sugar, but most manufacturers throw in quite a bit of extra sugar to make these breads just that little bit more wholesome. Two slices of Baker's Delight's Dutch Fruit Loaf contains about 8 teaspoons of sugar – slightly more than a Mars Bar (and that's before you put anything on them).

1	Baker's Delight Dutch Fruit Loaf	38.8%
2	Baker's Delight Apricot Delight Loaf	30.4%
3	Baker's Delight Wholemeal Fruit Loaf	27.4%
4	Tip Top Cafe Raisin Toast	26.0%
5	Baker's Delight Toasty Fruit Loaf	25.3%
6	Golden Hearth Classic Fruit Loaf	22.9%
7	Baker's Delight Cranberry & Fruit Loaf	20.5%-
	Baker's Delight Cinnamon & Fruit Loaf	20.6%
8	Coles Raisin Bread	17.0%
	Mighty Soft Raisin Toast	
9	Baker's Delight Cape Fruit & Nut Loaf	16.0%-
	Tip Top Date & Caramel Scone Toast	16.2%
10	Tip Top Spicy Fruit Loaf	15.4%

Gluten Free

There aren't a lot of gluten free breads and few people would eat them if they had a choice, so I've decided to do a complete list of the options from best to worst. The range of sugar content is quite large, so if your brand isn't here, make sure you take a close look at the label. Gluten free does not mean sugar free.

1	Golden Hearth Gluten Free Seed Loaf	0.8%
	Country Life Gluten Free Multigrain	
2	Golden Hearth Gluten Free White	0.9%
3	Country Life Gluten Free Low GI	1.3%
4	Wild Breads Gluten Free Crusty White	3.7%
5	Country Life 100% Yeast, Gluten & Wheat Free	5.4%
6	Country Life Gluten Free White	5.9%
7	Country Life Gluten Free Fruit	6.5%

The Complete List

The complete listing for Breads is broken down by the brand name of the bread. The first column tells you approximately how many teaspoons of sugar you will consume if you eat a standard serve (usually two slices).

While most serves of non-fruit bread contain relatively little sugar, most people eat more than two slices a day. If you are a big bread eater stick to the top ten list above. If all you have is two slices for breakfast then just about anything (other than fruit bread) should be fine.

Most people don't weigh their bread before they eat it, so I have calculated the teaspoons based on two slices of the bread (usually about 70g for most breads). The percentage (of course) still tells you how much sugar you will get in exactly 100g of the bread.

<i>Teaspoons per Serve (2 Slices)</i>	<i>Bread</i>	<i>Percentage Sugar</i>
Abbot's Village Bakery		
●	Farmhouse Wholemeal	2.6%
●	Grainy Wholemeal	2.8%
●	Granary Ancient Grains & Seeds	3.5%
●	Granary Sourdough	3.5%
●	Granary Wholemeal	4.0%
●	Harvest Seeds & Grains	2.9%
●	Light Rye	3.4%
●	Rustic White	2.9%
Baker's Delight		
●●●●●●●	Apricot Delight Loaf	30.4%
●●●●	Cape Fruit & Nut Loaf	16.0%
●	Cape Seed Loaf	1.6%
●●●●●●●	Cinnamon & Fruit Loaf	20.5%
●●●●●●●	Cranberry & Fruit Loaf	20.6%
●●●●●●●●	Dutch Fruit Loaf	38.8%
●	Hi-Fibre Lo-GI White Block	1.0%
●	Lekkerbrot Loaf	1.8%
●●	Plain Croissant (1)	9.9%
●	Soy & Linseed Loaf	2.1%
●●●●●	Toasty Fruit Loaf	25.3%
○	White Spelt Loaf	0.2%
●	White, Wholemeal and Multigrain Bread Varieties*	1.5%
●●●●●●●	Wholemeal Fruit Loaf	27.4%
Burgen		
●●●●	Fruit & Muesli	14.0%
●	Grains with Barley	4.3%
●	Pumpkin Seeds	2.0%
●	Rye	1.6%
●	Soy-Lin	2.4%
●	Wholegrain & Oats	2.9%
Buttercup		
●	Country Split White	2.8%

<i>Teaspoons per Serve (2 Slices)</i>	<i>Bread</i>	<i>Percentage Sugar</i>
○	Country Split Wholemeal	2.4%
Coles		
●	Bakery 10 Grains & Seeds	3.2%
●	Bakery Soy & Linseed	3.2%
○	Bakery White	1.9%
○	Bakery Wholemeal	2.1%
○	Cottage Style Split	1.9%
●●●	Raisin Bread	17.0%
●	Smart Buy Multigrain	3.7%
●	Smart Buy White	2.5%
●	Smart Buy Wholemeal	3.3%
○	White Crumpets (1)	1.0%
●	White Muffins (1)	2.8%
○	Wholemeal Crumpets (1)	1.0%
Country Life		
●●	100% Yeast, Gluten & Wheat Free	5.4%
○	Country Grain & Organic Rye	0.9%
○	Flaxseed Sunflower & Sourdough Rye	1.6%
●●	Gluten Free Fruit	6.5%
○	Gluten Free Low GI	1.3%
○	Gluten Free Multigrain	0.8%
●●	Gluten Free White	5.9%
○	Organic Rye	0.9%
●	Quinoa Malt & Roasted Rye	2.0%
●	Wholegrain Barley & Rye	2.0%
Gold Coast Bakery		
●	8 grain Multigrain	2.6%
●	White	2.9%
●	Wholemeal	2.6%
Golden		
○	White Crumpets	1.0%
Golden Heath		
●	100% Stoneground Organic	3.6%

<i>Teaspoons per Serve (2 Slices)</i>	<i>Bread</i>	<i>Percentage Sugar</i>
●●●●●	Classic Fruit Loaf	22.9%
●	Gluten Free Seed Loaf	0.8%
●	Gluten Free White	0.9%
●	Heavy Wholegrain Organic	3.3%
Good Stuff		
●	Light Rye	4.1%
●	Sourdough Rye	2.6%
●	White	3.4%
Helga's		
●	Light Rye	2.2%
○	Mixed Grain	0.7%
●	Seed Sensations Golden Rye	2.5%
●	Seed Sensations Rich Wholegrain	1.4%
●	Seed Sensations Sourdough White	2.0%
●	Soy & Linseed	2.4%
●	Wholemeal	2.3%
●	Wholemeal and Grain	2.4%
Homestyle Bake		
○	Multigrain	0.3%
○	White	0.1%
○	Wholemeal	0.5%
King Henry's Bakehouse		
●	Rye	1.5%
Lawson's		
●	Homestead Seed & Grain	1.4%
●	Settlers Grain	1.6%
●	Stone Mill Wholemeal	2.1%
Mighty Soft		
●●●●●●	Cafe Style Fruit Toast	15.1%
●●	Fruit & Spice	10.2%
●	Multigrain	3.7%
●●●	Raisin Toast	17.0%
●	White Muffins (1)	3.3%

<i>Teaspoons per Serve (2 Slices)</i>	<i>Bread</i>	<i>Percentage Sugar</i>
●	White Loaf	3.4%
●	Wholemeal	3.3%
Molenberg		
●	10 Grains & Seeds	3.2%
●	Soy & Linseed	3.2%
●	White	2.4%
Sunblest		
●	Multigrain	2.6%
●	Soft White	2.4%
●	Up EnerGI	4.1%
●	Up Omega3	2.6%
●	Up White	2.8%
●	Wholemeal	3.0%
Tip Top		
●	9 Grain Original	2.2%
●	9 Grain Pumpkin Seed	2.2%
○	9 Grain Wholemeal	1.9%
●●●●●●●●	Cafe Raisin Toast	26.0%
●	English Muffins (1)	2.4%
○	English Multigrain Muffins (1)	1.6%
●●	English Spicy Fruit Muffins (1)	11.2%
○	English Wholemeal Muffins (1)	1.9%
●●●	Scone Toast Classic Buttermilk	8.0%
●●●●●	Scone Toast Date & Caramel	16.2%
●●●	Spicy Fruit Loaf	15.4%
Value Plus		
●	White	2.3%
Wild Breads		
●	Gluten Free Crusty White	3.7%
WonderWhite		
●	Hi Fibre Plus	2.3%
○	White Muffins (1)	0.2%
●	White	3.9%

<i>Teaspoons per Serve (2 Slices)</i>	<i>Bread</i>	<i>Percentage Sugar</i>
☉	Wholemeal Muffins (1)	2.1%
●	Wholemeal	2.4%
Woolworths		
☉●	Butter Croissant (1)	6.3%
☉	English Muffins (1)	1.8%
☉	Grains +	1.8%
☉	Hi Fibre	2.2%
●	Homebrand Multigrain	2.4%
●	Homebrand White	3.1%
●	Homebrand Wholemeal	3.1%
☉	White	2.2%
○	White Crumpet (1)	1.0%
☉	Whole	2.1%
☉	Wholemeal	2.1%

* Serving sizes vary – based on standard white loaf.