



Whole Wheat Bread

3 Prep and cooking tips

- Whole wheat bread can be used to make toast, sandwiches and more.
- Select whole wheat versions of all bread products you buy, such as bagels, rolls, waffles, and tortillas.
- You can also use whole wheat bread in recipes for foods like meatloaf, meatballs, and breadcrumb crusted chicken.

2 Shopping and storage

- At the store look for bread that says “100% Whole Wheat” or “100% Whole Grains.” If you are not sure, check the ingredient list; the first ingredient should be “whole wheat flour” not “wheat flour” or “enriched wheat flour.”
- Bread will last 5-7 days at room temperature. If you buy whole wheat bread in bulk, you can freeze it by placing it in a heavy-duty freezer bag. However, it is best not to refrigerate bread, as this may cause it to dry out.
- If you find mold on your bread, throw away the entire loaf

1 Nutrition Fact:

- Whole wheat bread is a source of dietary fiber, several B vitamins, and minerals. B vitamins help the body convert food into energy.

Go!

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