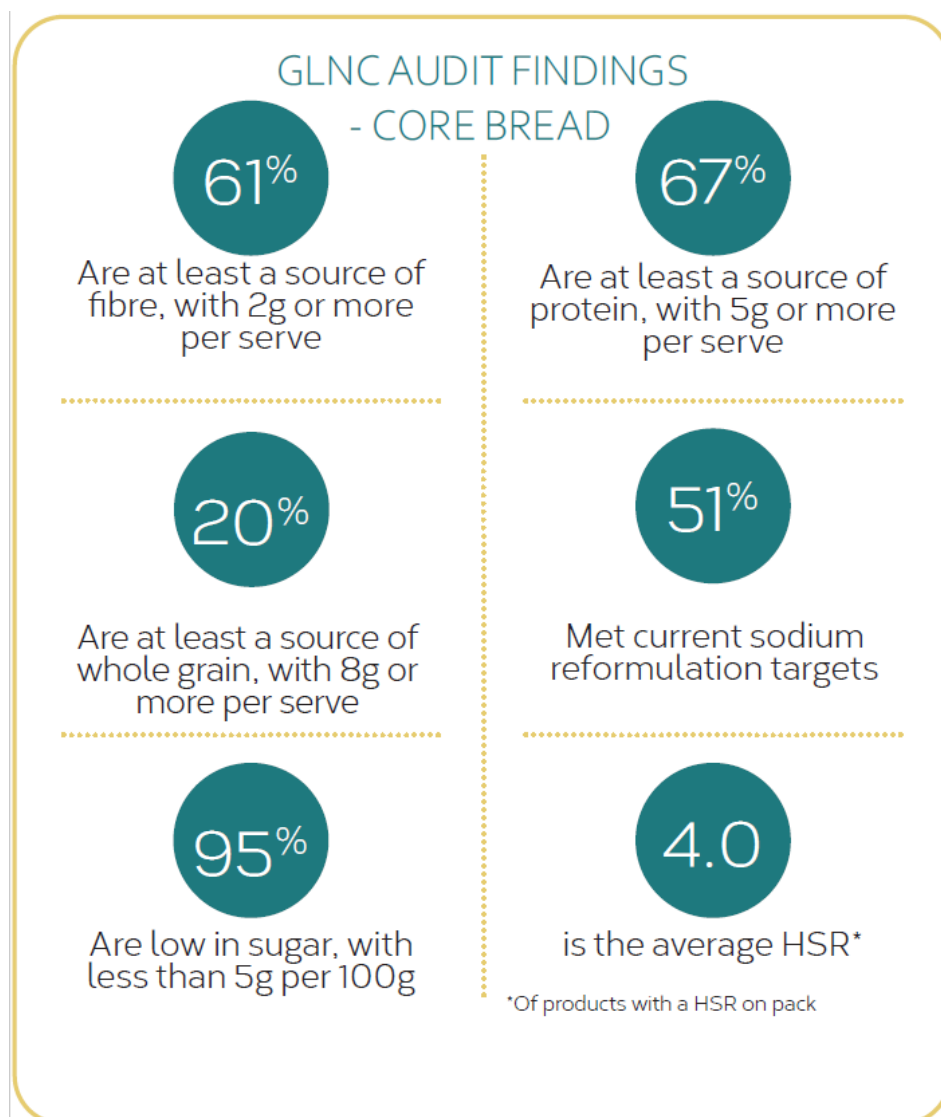


GLNC PRODUCT AUDIT HIGHLIGHTS

Bread - September 2021

Two thirds of Australians eat bread each day, but with supermarket shelves bursting with new options each day, how do you know which one to choose? In September 2021, GLNC audited 800 core bread products from the four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit, including nutritional comparisons per 100g, as well as Health Star Rating and compliance with reformulation targets.



Tips for choosing a healthy bread:

- **Look for whole grain options:** As well as contributing to your [48g Daily Target Intake](#), whole grain breads are higher in protein and dietary fibre, and lower in fats, sugar, and sodium than non-whole grain.
- **Choose bread with a higher Health Star Rating:** As a quick and easy way to choose healthier products.

Category overview:

Total breads: 950

359 Loaf breads

- 140 White
- 130 Whole grain/wholemeal
- 45 Multigrain
- 44 Gluten free

178 Sandwich Alternatives

- 101 Wraps
- 41 Tortillas
- 14 Pita
- 12 Lebanese bread

127 Rolls

- 79 White
- 20 Whole grain/wholemeal
- 10 Multigrain
- 18 Gluten free

150 Bakery Breakfast

- 46 Bagels
- 38 Fruit Bread
- 37 Brioche
- 11 English Muffins
- 9 Crumpets
- 9 Waffles

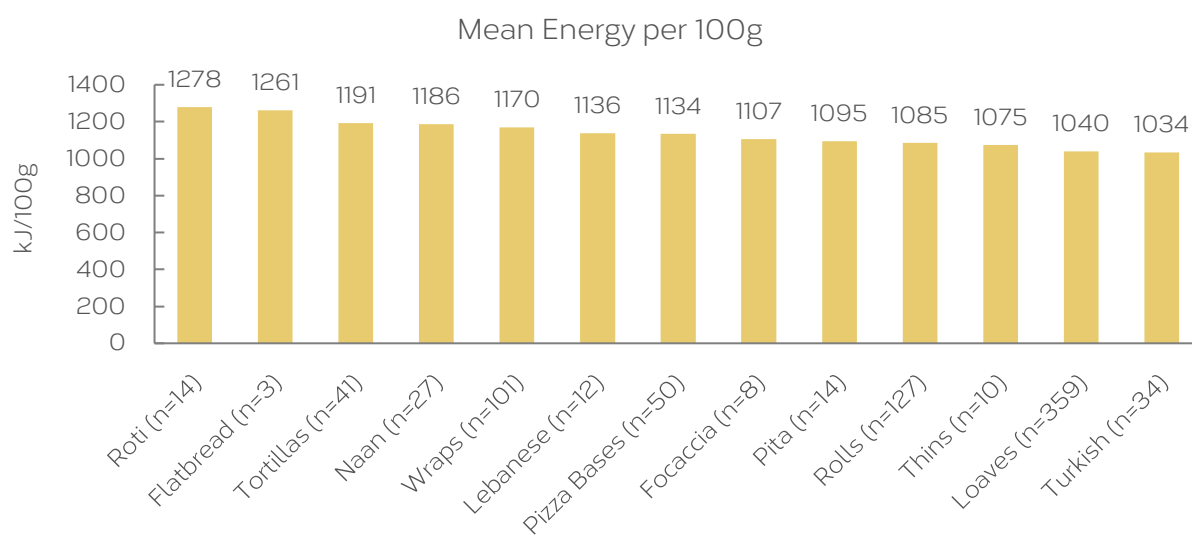
136 Flatbreads

- 50 Pizza Bases
- 34 Turkish
- 27 Naan
- 14 Roti
- 8 Focaccia
- 3 Flat bread

The following nutrient analysis relates to core breads only (loaves, rolls, flatbreads and sandwich alternatives) and excludes bakery breakfast options.

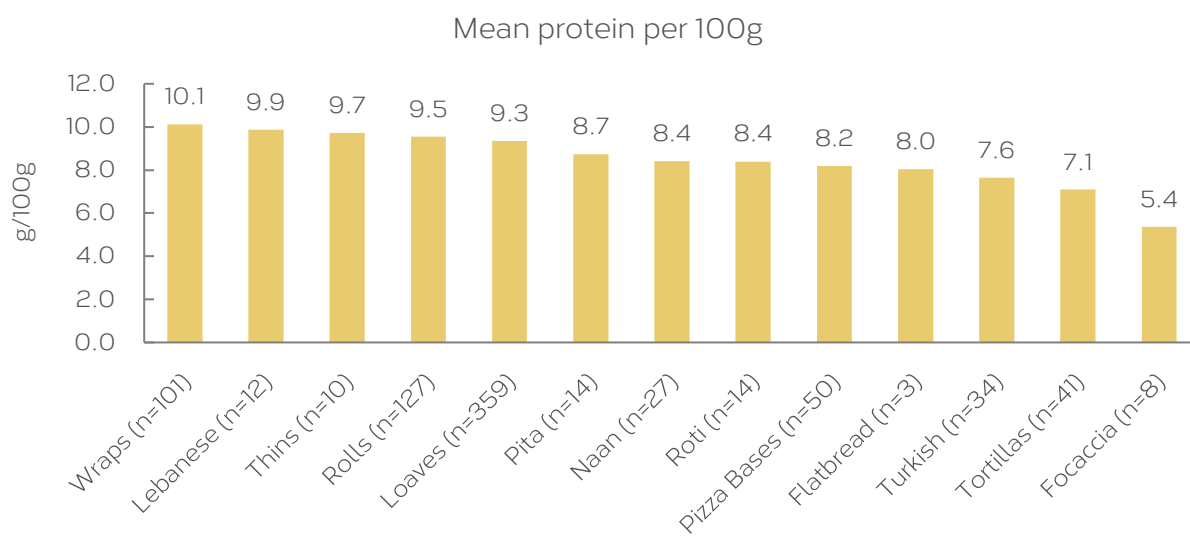
Energy (kilojoules):

- Mean energy per 100g was fairly consistent across categories, although roti was the highest (1278kJ/100g), and loaf breads and Turkish breads were the lowest (1040 – 1034kJ/100g).



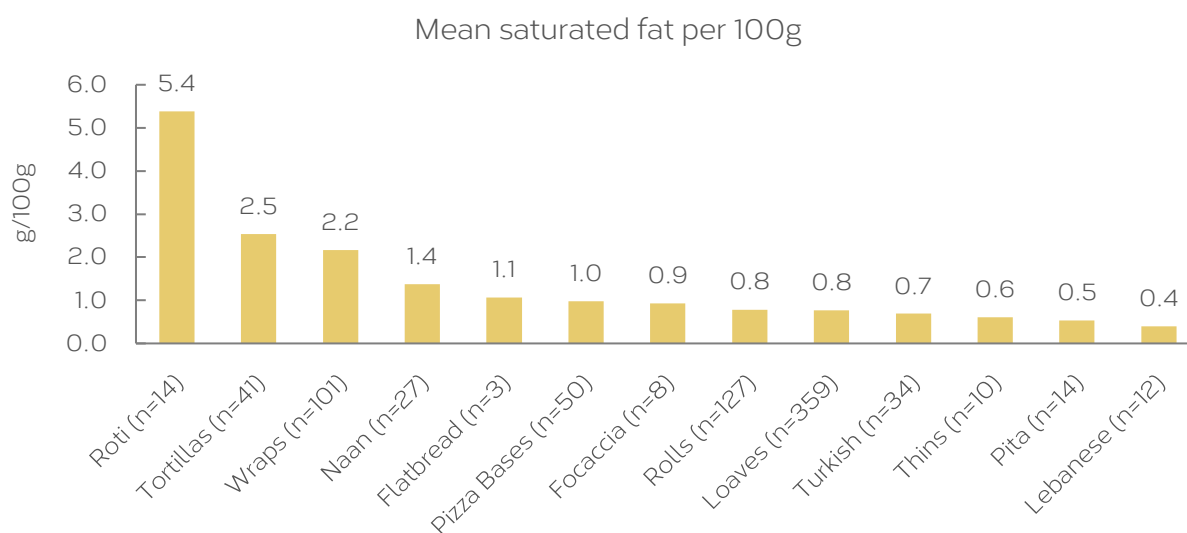
Protein

- More than two-thirds (67%) of products overall were considered a 'source of protein,' ($\geq 5\text{g}$ per serve).
- There was little variation from the total average (9.1g/100g) between categories, aside from focaccia which were the lowest in protein (5.4g/100g).



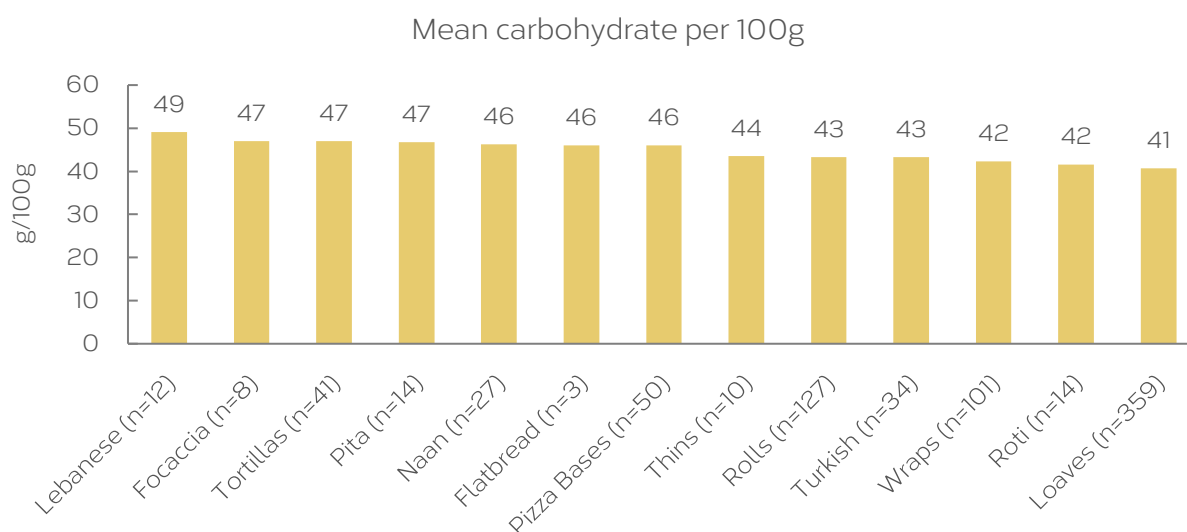
Saturated fat:

- Eighty five percent of bread products overall were low in saturated fat ($\leq 1.5\text{g}/100\text{g}$), with Lebanese and pita bread the lowest on average.
- Roti had the greatest amount of saturated fat on average ($5.4\text{g}/100\text{g}$), likely due to common ingredients such as oil and margarine.



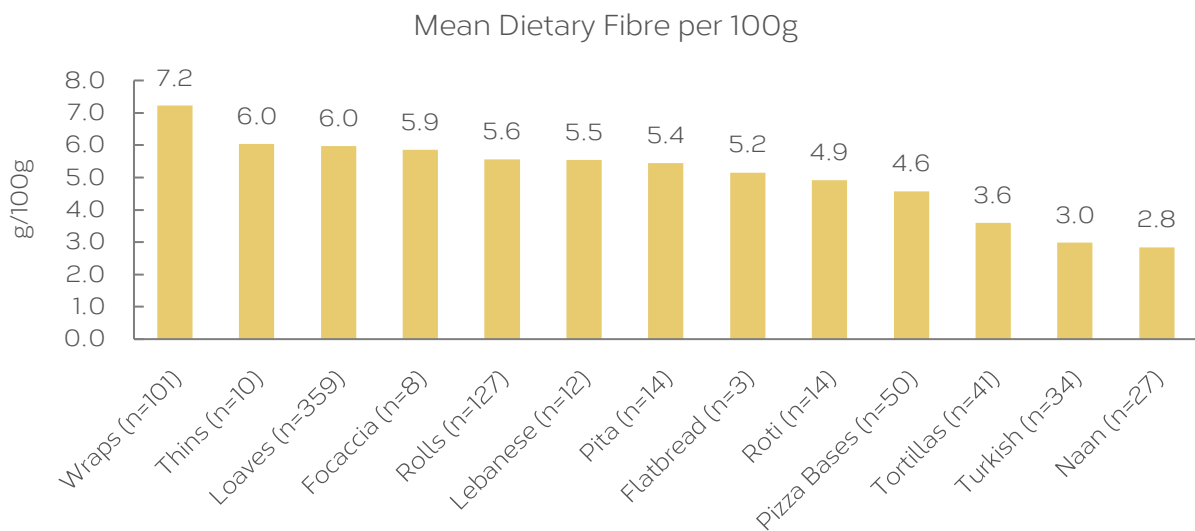
Carbohydrates:

There was very little variation in the carbohydrate content of core breads, with loaf breads the lowest ($41\text{g}/100\text{g}$), and Lebanese breads the highest ($49\text{g}/100\text{g}$).



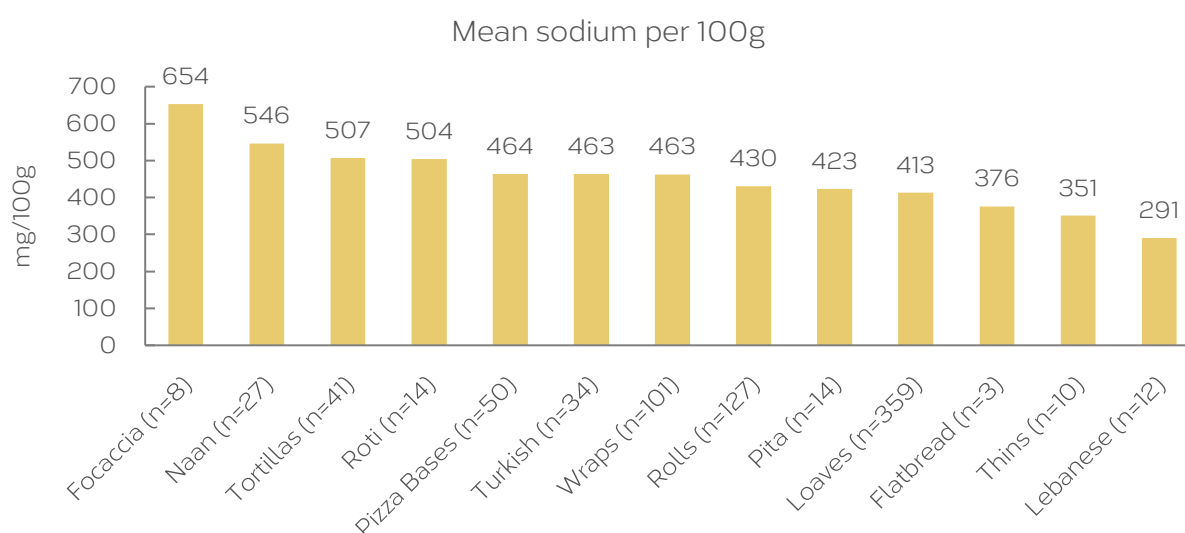
Dietary fibre:

- Overall, 61% of products were eligible to make a fibre claim, with 2g or more per serve, though 20% (n=164) did not state the dietary fibre content in the Nutrition Information Panel.
- Wraps emerged as the highest in dietary fibre, however ranged between 1.3 - 33.5g/100g. Conversely, naan breads were the lowest in dietary fibre on average (2.8g/100g).



Sodium:

- Mean sodium content across all core bread products was 438mg/100g and ranged from 36mg/100g (pizza base) to 1300mg/100g (focaccia). Focaccia breads were the highest in sodium on average, likely due to the addition of salt flakes for flavour, while sandwich thins and Lebanese breads were the lowest (351mg-291mg/100g)
- More than half (51%) of breads overall met the Healthy Food Partnership sodium reformulation targets of 380mg/100g for leavened breads and 450mg/100g for flatbreads.



Whole grain (WG):

- One fifth (20%) of core bread products were whole grain, with at least 8g per serve.
- Out of all whole grain products, average whole grain content was 31.6 per serve, which is more than 66% of the 48 Daily Target Intake (DTI) for whole grain!
- However, there was a wide range in whole grain content, between 0.3 – 109.5g per serve.

Category	Number of WG products*	Mean WG per serve (g)	Range WG per serve (g)
Total (n=800)	163	32	8
Loaves (n=359)	97	30	8
Wraps (n=101)	27	22	10
Rolls (n=127)	16	39	13
Tortillas (n=41)	6	47	14
Pita (n=14)	5	44	14
Pizza Bases (n=50)	4	60	45
Lebanese (n=12)	3	53	40
Thins (n=10)	3	14	8
Roti (n=14)	1	32	32
Turkish (n=34)	1	27	27

*Based on eligibility for registration with GLNCs Code of Practice (≥ 8 g WG per serve)

Whole grain bread compared to refined grain bread:

- Whole grain options were lower in energy, total and saturated fat, and sodium, and higher in protein and dietary fibre than non-whole grain breads:

Nutrient per 100g	Whole Grain* (n=163)	Non-Whole Grain (n=535)
Energy (kJ)	1056	1106
Protein (g)	9.9	8.7
Total fat (g)	4.0	4.6
Saturated fat (g)	1.0	1.2
Carbohydrate (g)	40.1	43.9
Sugars (g)	2.3	2.4
Dietary fibre (g)	6.5	5.1
Sodium (mg)	412.0	453.8
Health Star Rating (HSR)	4.0	4.0

* based on eligibility for registration with GLNCs Code of Practice ($\geq 8g$ WG per serve).

Health Star Rating (HSR):

- Overall, 39% of core bread products displayed a HSR, with the greatest proportion seen in sandwich thins (90% of the category), pita bread (50%), and wraps (50%).
- Overall, the average score was 4.0 stars, and wide ranges were seen across all categories. Sandwich thins, pita bread, wraps, Lebanese bread, loaf bread, flatbread and rolls had the highest mean score (4.0).

Category	HSR on pack (%)	Mean HSR (range)
Total (n=800)	39%	4 (2.0-5.0)
Thins (n=10)	90%	4.0 (4.0-4.5)
Pita (n=14)	50%	4.0 (4.0-4.5)
Wraps (n=101)	50%	4.0 (3.0-5.0)
Naan (n=27)	44%	3.5 (3.0-4.0)
Turkish (n=34)	44%	3.7 (3.5-4.0)
Lebanese (n=12)	42%	4.0 (3.0-5.0)
Loaves (n=359)	40%	4.0 (2.0-5.0)
Pizza Bases (n=50)	36%	3.6 (3.0-5.0)
Flatbread (n=3)	33%	4.0 (4.0-4.0)
Tortillas (n=41)	29%	3.0 (2.0-4.0)
Focaccia (n=8)	25%	3.5 (3.0-4.0)
Roti (n=14)	21%	3.6 (2.5-5.0)
Rolls (n=127)	17%	4.0 (3.5-5.0)

