

Comparison of Bread Products; 2018

All values are per 100g and all information taken from nutritional panels on product.



	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)	K (mg)	Iron (mg)	Zinc (mg)	Niacin (mg)	Thiamine (mg)
Burgen Soy Linseed Bread *additional phytoestrogens (332mg) Ca (250mg)	1010	14.4	4.8	0.8	31.5	3.1	7.1	446	332	2.1	1.8	1.3	-
Burgen Wholemeal & Seeds *additional Mg (84mg) Phosphorus (225mg)	1020	13.1	6.1	0.9	30.8	2.4	7.9	413	280	2.5	1.6	-	-
Burgen Wholegrain & Oats Bread	964	10.7	5.1	0.6	31.9	2.4	6.4	280	153	-	-	-	-
Burgen Traditional Rye	1035	10.6	5.2	0.5	35.4	1.5	7.7	467		1.4			
Burgen Pumpkin Seed Bread * additional Vit B12 (0.25g), Mg (96mg) and Phosphorus (242mg)	1100	13.6	6.9	1.0	32.8	2.2	6.7	365	237	2.6	1.8	-	0.28
King Henry's Bakehouse Whole Rye Bread	940	15.6	3.5	0.6	28.0	1.5	8.9	320	-	-	-	-	-
Tip Top 9 Grain Original Bread	1040	12.1	5.0	0.6	35.1	2.2	6.5	400	-	-	-	-	-
Tip Top 9 Grain Pumpkin Seed Bread	1100	13.8	6.4	1.0	33.7	2.1	6.3	400	-	-	-	-	-
Tip Top 9 Grain Wholemeal Bread	1040	12.4	6.4	0.7	30.6	1.9	8.7	370	-	-	-	-	-
Tip Top The One + Omega 3 DHA Sandwich *Additional Omega 3 (115mg; EPA: 4.0mg DHA:3.7mg), Vit E (3.7mg), Vit B6 (0.5mg)	973	8.5	2.0	0.5	42.5	3.1	5.6	390	-	6.0	3.5	3.6	0.4
Tip Top The One White Toast *additional Vit E (5.0mg), Vit B6 (0.8mg)	950	8.0	2.1	0.4	39.8	3.0	7.5	400	-	6.0	3.3	5.0	0.5
Tip Top The One Wholemeal Bread *additional Vit E (3.7mg), Vit B6 (0.5mg)	977	9.7	3.1	0.5	37.0	3.1	4.5	390	-	6.0	3.6	3.6	0.4
Tip Top Sunblest Soft Wholemeal Bread	1030	10.1	3.5	0.5	40.0	3.0	6.5	400	-	-	-	-	-
Tip Top Sunblest Soft Multigrain Bread	1100	9.0	3.0	0.7	47.0	2.5	5.0	400	-	-	-	-	-
Tip Top Omega 3 White Bread	937	8.5	2.0	0.5	42.5	3.1		390					
Molenberg 12 Grains & Seeds Bread	1063	9.2	4.1	<1.0	42.3	2.8	4.3	400	-	-	-	-	-
Lawson's Stonemill Wholemeal Bread	925	9.0	3.1	<1.0	34.5	2.4	8.3	400	-	-	-	-	-
Lawson's Original White Bread	1027	7.7	2.2	<1.0	46.5	3.1	2.7	400	-	-	-	-	-
Lawson's Settlers Grain Bread	1030	9.1	2.5	<1.0	43.7	2.3	4.9	400	-	-	-	-	-
Lawson's Homestead Seed & Grain Bread	1083	11.2	5.6	<1.0	36.8	2.3	7.0	400	-	-	-	-	-
Abbott's Village Bakery Seeds & Grain	1140	9.8	4.8	0.6	44.8	3.8	4.3	430	-	-	-	-	-
Abbott's Village Bakery Country Grains	1053	9.5	3.2	0.4	43.0	3.5	5.2	400	-	-	-	-	-
Abbott's Village Bakery Farmhouse Wholemeal Bread	1005	9.5	1.9	0.3	42.5	3.8	6.3	400	-	-	-	-	-
Abbott's Village Bakery Farmhouse Light Rye Bread	1021	9.3	1.6	0.3	45.5	3.5	3.8	400	-	-	-	-	-

Abbott's Village Bakery Farmhouse Rustic White	1029	8.0	2.1	0.4	46.5	4.1	3.1	400	-	-	-	-	-
	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)	K (mg)	Iron (mg)	Zinc (mg)	Niacin (mg)	Thiamine (mg)
Buttercup Country Split Wholemeal Bread	980	8.5	3.6	<1.0	38.4	2.2	-	465	-	-	-	-	-
Gold Coast Bakery Multigrain w/ 8 Grains	1060	8.6	2.8	0.6	46.3	2.7	3.5	347	-	-	-	-	-
Gold Coast Bakery Wholemeal Bread	965	8.4	2.7	0.6	41.4	2.7	5.0	368	-	-	-	-	-
Homestyle Bakery Country Café Thick Wholemeal Bread	964	8.3	1.9	0.4	41.0	0.5	6.6	518	-	-	-	-	-
Homestyle Bakery Country Café Thick Multigrain Bread	1040	8.1	1.9	0.5	46.8	0.3	3.9	542	-	-	-	-	-
Helga's Light Rye Bread	1130	8.5	2.9	<1.0	45.1	2.9	4.1	490	-	-	-	-	-
Helga's Wholemeal - 10 Grains and Seeds	1170	10.6	4.1	<1.0	45.8	2.7	6.8	400					
Helga's Traditional Wholemeal Bread	940	9.6	1.6	<1.0	40.0	2.4	5.1	460	-	-	-	-	-
Helga's Café Thick Cut Mixed Grain Bread	1040	9.6	3.2	<1.0	43	3.0	4.5	400					
Helga's Traditional Wholemeal Grain Bread	1010	9.9	4.0	<1.0	38.0	3.5	7.3	400	-	-	-	-	-
Helga's Soy and Linseed Bread	1130	12.1	6.2	<1.0	38.2	2.1	5.3	535	-	-	-	-	-
Helga's Pumpkin Seeds & Grain Bread	1140	10.7	5.6	<1.0	43.5	2.4	3.7	430	-	-	-	-	-
Helga's Mixed Grain Bread	1040	9.6	3.2	1.1	43.0	3.0	4.5	400	-	-	-	-	-
Helga's Sunflower & Golden Linseed Lower-carb Bread *additional omega 3 (2.5g; ALA 2.5g)	1170	13.9	10.7	1.1	28.5	3.0	6.8	400	-	-	-	-	-
Helga's 5 Seed Lower Carb Bread *additional omega 3 (2.3g; ALA 2.3g)	1170	13.8	10.9	1.2	27.7	2.5	7.7	400	-	-	-	-	-
Helga's 5 Seed Gluten Free Bread	1110	6.3	7.6	<1.0	41.2	3.8	3.2	400	-	-	-	-	-
Helga's Sunflower and Red Quinoa Gluten Free Bread	1100	6.3	8.0	<1.0	40.1	3.8	4.2	400	-	-	-	-	-
Helga's Soy & Linseed Gluten Free Bread	1050	5.4	6.0	<1.0	42.5	4.2	3.9	400	-	-	-	-	-
Helga's Lower Carb Bread Soy and Toasted Sesame	1130	15.8	8.3	1.3	29.3	3.9	-	400					
Wonder Wholemeal + Iron Bread	980	9.1	3.2	<1.0	37.8	2.7	8.0	400	-	6.0	-	5.0	0.5
Wonder White Hi Fibre + Vit and Minerals *additional Vit E (5.0mg), Vit B6 (0.8mg)	971	7.5	2.5	<1.0	40.4	3.0	8.3	400	-	6.0	2.2	5.0	1.3
Coles Smart Buy Wholemeal Sandwich	990	8.8	2.4	0.4	41.0	1.9	7.1	400	-	-	-	-	-
Coles Smart Buy Multigrain Sandwich	1060	9.3	1.8	0.4	47.0	1.7	4.3	400	-	-	-	-	-
Coles Gluten Free Chia & Seed Bread	1130	7.3	7.5	1.5	41.2	1.7	3.7	280	-	-	-	-	-
Well Being Lower Carb Bread	952	10.4	2.1	0.6	36.8	0.6	8.8	349	-	-	-	-	-
Well Being Chia Vitality Bread	1030	8.8	3.4	0.6	43.0	0.1	4.8	400	-	-	-	-	-
Well Being Grain Fusion Bread	1030	9.8	3.2	0.7	40.3	0.7	6.8	398	-	-	-	-	-
Country Life Bakery Gluten & Dairy Free, Lower GI Bread	1030	6.0	7.2	<1.0	37.2	3.5	4.2	400	-	-	-	-	-
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