

whole wheat bread nature's own nutrition facts

whole wheat bread nature's own nutrition facts offer valuable insight into the nutritional benefits of this popular whole grain product. As a staple in many diets, Nature's Own whole wheat bread is often chosen for its wholesome ingredients and health advantages. Understanding the detailed nutrition facts can help consumers make informed dietary choices, especially when considering fiber intake, vitamins, minerals, and calorie content. This article explores the comprehensive nutritional profile of Nature's Own whole wheat bread, including macronutrients, micronutrients, and its role in a balanced diet. Additionally, it examines how this bread compares to other bread varieties and highlights potential health benefits. The following sections provide an in-depth analysis of whole wheat bread Nature's Own nutrition facts to guide healthy eating habits effectively.

- Nutritional Composition of Nature's Own Whole Wheat Bread
- Health Benefits of Whole Wheat Bread
- Comparison with Other Bread Types
- Ingredients and Quality Considerations
- Incorporating Whole Wheat Bread into Your Diet

Nutritional Composition of Nature's Own Whole Wheat Bread

The nutritional composition of Nature's Own whole wheat bread encompasses a range of essential nutrients that contribute to its status as a healthful food choice. This bread is primarily made from whole wheat flour, which retains the bran, germ, and endosperm, thereby preserving key nutrients that are often lost in refined flour products. Below is a detailed overview of the macronutrients and micronutrients found in this bread.

Macronutrients

Macronutrients provide the body with energy and are fundamental to maintaining bodily functions. Nature's Own whole wheat bread contains a balanced distribution of carbohydrates, proteins, and fats.

- **Carbohydrates:** Serving as the primary energy source, carbohydrates make up approximately 12-15 grams per slice. These include complex carbohydrates and dietary fiber, which aid in digestion and provide sustained energy release.
- **Protein:** Each slice contains around 3-4 grams of protein, essential for muscle repair, enzyme production, and overall cellular function.
- **Fat:** The fat content is low, generally under 2 grams per slice, which helps maintain a heart-healthy profile. Most fats present are unsaturated, derived from wheat germ.

Dietary Fiber and Sugars

One of the defining attributes of whole wheat bread is its high dietary fiber content. Nature's Own whole wheat bread typically contains 2-3 grams of fiber per slice, promoting digestive health and aiding in cholesterol management. Additionally, the sugar content is minimal, often less than 2 grams, ensuring that the bread does not contribute significantly to added sugar intake.

Micronutrients

Nature's Own whole wheat bread delivers important vitamins and minerals, including:

- **Iron:** Vital for oxygen transport in the blood, iron content in each slice supports energy metabolism.
- **Calcium:** Important for bone health, found in moderate quantities.
- **B Vitamins:** Whole wheat bread contains several B-complex vitamins such as niacin, thiamine, and riboflavin, which are crucial for energy production and nervous system function.
- **Magnesium:** Supports muscle and nerve function and helps regulate blood pressure.

Health Benefits of Whole Wheat Bread

Consuming whole wheat bread like Nature's Own provides numerous health benefits due to its nutrient-dense profile. The inclusion of whole grains in the diet has been associated with reduced risk of chronic diseases and improved overall wellness.

Supports Digestive Health

The high fiber content in whole wheat bread promotes regular bowel movements and prevents constipation. Fiber also nourishes beneficial gut bacteria, contributing to a healthy microbiome.

Heart Health

Whole wheat bread is linked to cardiovascular benefits by helping to lower LDL cholesterol levels and improve blood lipid profiles. The presence of antioxidants and phytochemicals in whole grains further supports heart health.

Weight Management

Due to its fiber and protein content, whole wheat bread contributes to satiety and helps control appetite. This can be advantageous for weight management and reducing overeating.

Blood Sugar Regulation

The complex carbohydrates and fiber in whole wheat bread slow glucose absorption, resulting in better blood sugar control and reduced risk of type 2 diabetes.

Comparison with Other Bread Types

Comparing Nature's Own whole wheat bread with other common bread varieties highlights its nutritional advantages and helps consumers make healthier choices.

Whole Wheat vs. White Bread

White bread is made from refined flour, which lacks the bran and germ, resulting in lower fiber, vitamins, and minerals. Nature's Own whole wheat bread, on the other hand, provides more fiber and nutrients, making it a superior option for health-conscious individuals.

Multigrain and Rye Bread

While multigrain breads contain several types of grains, the nutritional quality varies depending on the proportion of whole grains used. Rye bread offers distinct flavors and some health benefits but

may have lower fiber compared to 100% whole wheat bread.

Gluten-Free Bread

Gluten-free breads cater to those with gluten intolerance but often have lower fiber and protein content than whole wheat options like Nature's Own. Nutritional content depends heavily on ingredients used.

Ingredients and Quality Considerations

Evaluating the ingredients in Nature's Own whole wheat bread provides insight into its quality and suitability for various dietary needs.

Whole Grain Content

Nature's Own emphasizes 100% whole wheat flour as the primary ingredient, ensuring the bread retains essential nutrients from the entire grain kernel.

Added Sugars and Preservatives

The bread contains minimal added sugars, contributing to a healthier nutritional profile. It also utilizes natural preservatives to extend shelf life without compromising quality.

Allergens and Dietary Restrictions

As a wheat-based product, this bread contains gluten and is not suitable for individuals with celiac disease or gluten sensitivity. It is free from common allergens such as nuts and dairy, but checking packaging for specific allergen information is recommended.

Incorporating Whole Wheat Bread into Your Diet

Whole wheat bread like Nature's Own can be easily integrated into a balanced diet to enhance nutrient intake and promote health.

Meal Ideas and Pairings

Whole wheat bread serves as a versatile base for breakfast, lunch, and snacks. It pairs well with lean proteins, vegetables, and healthy fats for nutrient-rich meals.

- Avocado toast topped with tomato and sprouts
- Turkey and spinach sandwich with mustard
- Peanut butter and banana slices for a quick snack
- Whole wheat bread cubes in salads or soups

Portion Control and Serving Suggestions

Moderation is key when consuming bread products. Typically, one to two slices per serving provide adequate nutrients without excess calories, fitting well within daily carbohydrate recommendations.

Storage and Freshness

To maintain quality, store whole wheat bread in a cool, dry place or refrigerate to extend freshness. Freezing slices is also an effective method to prevent spoilage.

Frequently Asked Questions

What are the key nutrition facts of Nature's Own Whole Wheat Bread?

Nature's Own Whole Wheat Bread typically contains about 90 calories, 1 gram of fat, 18 grams of carbohydrates, 3 grams of dietary fiber, and 4 grams of protein per slice.

Is Nature's Own Whole Wheat Bread a good source of fiber?

Yes, Nature's Own Whole Wheat Bread provides approximately 3 grams of dietary fiber per slice, which contributes to daily fiber intake and supports digestive health.

How much sugar is in a slice of Nature's Own Whole Wheat

Bread?

A slice of Nature's Own Whole Wheat Bread generally contains about 2 grams of sugar, which is relatively low compared to many other bread varieties.

Does Nature's Own Whole Wheat Bread contain any added preservatives or artificial ingredients?

Nature's Own Whole Wheat Bread is known for having no artificial preservatives, colors, or flavors, making it a more natural choice among packaged breads.

What vitamins and minerals are found in Nature's Own Whole Wheat Bread?

Nature's Own Whole Wheat Bread contains essential vitamins and minerals such as iron, calcium, and some B vitamins like niacin and folic acid, which support overall health.

Is Nature's Own Whole Wheat Bread gluten-free?

No, Nature's Own Whole Wheat Bread is made from whole wheat flour and contains gluten, so it is not suitable for individuals with gluten intolerance or celiac disease.

How does Nature's Own Whole Wheat Bread support heart health?

Due to its whole grain content and fiber, Nature's Own Whole Wheat Bread can help lower cholesterol levels and support heart health when included as part of a balanced diet.

Can Nature's Own Whole Wheat Bread help with weight management?

Yes, the fiber and protein content in Nature's Own Whole Wheat Bread can promote satiety and help control appetite, which may assist in weight management.

Is Nature's Own Whole Wheat Bread suitable for diabetics?

Nature's Own Whole Wheat Bread has a moderate glycemic index and contains fiber, which can help regulate blood sugar levels, but diabetics should consume it in moderation and monitor their response.

How many calories are in two slices of Nature's Own Whole Wheat Bread?

Two slices of Nature's Own Whole Wheat Bread contain approximately 180 calories, making it a moderate calorie option for sandwiches and meals.

Additional Resources

1. *Whole Wheat Wonders: The Natural Bread Revolution*

This book explores the history and benefits of whole wheat bread, emphasizing its natural ingredients and wholesome qualities. Readers will learn how whole wheat bread differs from refined white bread and why it's a healthier choice. The author also provides recipes and tips for baking nutritious whole wheat bread at home.

2. *Nature's Own Nutrition Facts: Unlocking the Power of Whole Grains*

Focusing on the nutritional profile of whole grains, this book breaks down the essential vitamins, minerals, and fiber found in whole wheat bread. It explains how these nutrients contribute to overall health and prevent chronic diseases. The book also includes comparative charts to help consumers make informed dietary choices.

3. *The Science of Whole Wheat Bread: Health, Taste, and Tradition*

Delving into both the science and culinary art of whole wheat bread, this book covers the nutritional benefits, baking processes, and cultural significance of this staple food. It discusses how natural ingredients impact taste and health. Readers gain insight into selecting quality whole wheat products and baking their own bread.

4. *Whole Wheat Bread and Wellness: Nutritional Insights and Recipes*

This guide combines nutritional facts about whole wheat bread with practical advice on incorporating it into a balanced diet. It highlights the role of whole wheat in managing weight, blood sugar, and heart health. A variety of wholesome recipes provide delicious ways to enjoy whole wheat bread every day.

5. *From Grain to Loaf: The Natural Journey of Whole Wheat Bread*

Tracing the journey of wheat from field to bakery, this book reveals the natural processes involved in producing whole wheat bread. It emphasizes sustainability and the importance of preserving nutrients through traditional milling and baking methods. The book also educates readers about reading labels to identify truly natural whole wheat products.

6. *Whole Wheat Bread Nutrition Demystified*

This comprehensive guide breaks down the nutrition facts of whole wheat bread in simple terms for the everyday reader. It explains the significance of fiber, protein, vitamins, and minerals found in whole wheat and how they benefit the body. The author also addresses common misconceptions and marketing myths around whole wheat bread.

7. *Nature's Own Loaf: Embracing Whole Wheat for Better Health*

Highlighting the connection between natural foods and health, this book focuses on the benefits of choosing whole wheat bread over processed alternatives. It discusses the impact of whole wheat on digestion, energy levels, and disease prevention. Practical tips for selecting high-quality whole wheat bread are also provided.

8. *Baking with Whole Wheat: A Natural Approach to Nourishing Bread*

Perfect for home bakers, this book provides detailed instructions and recipes for making nutritious whole wheat bread using natural ingredients. It explains how to maintain the bread's nutritional integrity while achieving great taste and texture. The author also shares insights on sourcing organic whole wheat flour and avoiding additives.

9. *The Whole Wheat Advantage: Nutrition Facts and Healthy Living*

This book presents a holistic view of how whole wheat bread fits into a healthy lifestyle. It covers the nutritional components and their roles in supporting heart health, digestion, and weight management. Readers are encouraged to make whole wheat bread a staple in their diet through practical advice and easy recipes.

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adjusting what you eat. You'll learn: What foods to eat and limit to protect your brain from cognitive decline. How to seamlessly incorporate these foods into your routine. How to effectively stay on track and maintain your health and nutrition needs. With more than sixty mouthwatering recipes for every meal of the day and fascinating, easy-to-understand science, The Official MIND Diet is your road map to weight loss, vitality, and a lifetime of delicious eating and optimal cognitive function.

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