



2ND HELPING

Just a Little More Help from **United Way Meals on Wheels**

July 2024

Any Way You Slice It

Whole Wheat Bread Is Simply More Nutritious than White Bread

All bread is not created equal. The flour used for white bread is refined, which removes some of the healthiest parts of the wheat kernel, such as bran and wheatgerm. All that's left behind is starch. But whole wheat flour is made from the *whole* kernel with all its nutrients and healthy benefits.

▪ **Higher in Fiber and Nutrients**

Generally, a slice of white bread provides less than a single gram of fiber. But whole wheat bread contains up to four grams of fiber per slice -- satisfying hunger longer and aiding digestion. And while many vitamins and minerals are stripped out of heavily processed white bread, whole wheat contains important nutrients, such as magnesium, selenium and folate.

▪ **An Extra Boost of Protein**

Whole wheat bread contains about 25% more protein than white bread, which can help slow digestion and serve as a building block for improving muscle mass and strength.

▪ **Helps Curb Inflammation**

Studies have found that adding whole grain foods to your diet can significantly reduce harmful inflammation in the body.

▪ **Helps Regulate Blood Sugar**

Whole wheat bread contains complex carbohydrates that take longer for your body to process rather than causing the rapid fluctuations in blood sugar that are commonly caused by refined carbohydrates.

▪ **Heart Healthy**

Whole grain, high-fiber, foods, in general, can help reduce the risk of cardiovascular disease -- such as heart attack and stroke -- possibly due to their anti-inflammatory qualities.

▪ **Read the Label**

Look for "whole wheat" or "whole grains" to be named at the top of the ingredient list. Also look for the amount of whole grain, ideally 100%. And enjoy a heartier, healthier alternative to that ordinary white bread.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: realsimple.com

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

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