

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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whole wheat bread nature s own nutrition facts: Understanding Nutrition, 3rd Edition Gail Hammond, Colleen O'Connor, Leonard A. Piché, Eleanor Noss Whitney, Sharon Rady Rolfes, 2023-06-01 Sharon Rady Rolfes received her MS in nutrition and food science from Florida State University. She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including Understanding Normal and Clinical Nutrition. In addition to writing, she serves as a consultant for various educational projects. She maintains her registration as a dietitian nutritionist and membership in the Academy of Nutrition and Dietetics.

whole wheat bread nature s own nutrition facts: 100 Days of Real Food Lisa Leake, 2014-08-26 #1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's In Defense of Food, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks Real Food anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

whole wheat bread nature s own nutrition facts: **The Official MIND Diet** Dr. Martha Clare Morris, 2023-12-26 Ranked one of U.S. News Top Best Diets From the creator of the MIND diet and author of Diet for the MIND who “pioneered research on diet and prevention of dementia” (Dr. Walter Willett), the definitive guide to eating for optimum cognitive health, weight loss, and longevity Dr. Martha Clare Morris’s MIND diet took the nutrition world by storm when it revealed the link between diet and cognitive health, particularly as we age. Named one of the best diets by scientists, doctors, and organizations like the Alzheimer’s Association, AARP, and US News & World Report, the MIND diet, which combines elements of the Mediterranean and DASH diets, offers hope for an easy, non-invasive, and effective way to lose weight, prevent cognitive decline, reduce the risk of developing Alzheimer's disease, and promote vibrant brain health well into advanced age. The Official MIND Diet is a practical, day-by-day guide to improving your brain health for life by 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.

whole wheat bread nature s own nutrition facts: **The Miracle Carb Diet** Tanya Zuckerbrot, 2024-09-24 An enjoyable, flexible & doable plan to eat more, weigh less and live longer with the help of dietary fiber. An engaging book that is life-changing and transformative. [Tanya] proves you can still enjoy cocktails and fine dining while losing weight! Her practical wisdom provides a road map to a better life. —Drew Niepoorent, restaurateur/owner of Nobu, Tribeca Grill, Corton Celebrated nutritionist Tanya Zuckerbrot knows that when it comes to losing weight, addition is better than subtraction. Her secret? Add the Miracle Carb to your diet so you don't need to subtract delicious,

satisfying foods. The Miracle Carb is dietary fiber, and chances are you don't get the recommended daily requirement, even if you're eating a healthy diet. Tanya introduced the world to fiber with the F-Factor Diet, and thousands of people have lost countless pounds, improved chronic conditions like diabetes, and gained more energy and vigor for living. And they did it all without sacrificing their lifestyles or the foods and drinks they love. With The Miracle Carb Diet, Tanya is making it easy for you to jump right into living life the F-Factor way. This is not just an eating plan; it is a simple and effective action plan for achieving your best self without disrupting your best life. Tanya's here to help you lose weight fast, and then keep it off! Inside, you'll discover:

- The four easy stages of the Miracle Carb Diet-you could lose up to twelve pounds in the first month!
- Suggested fiber-rich foods and menu plans ideal for each stage, plus recommendations for eating out and enjoying cocktails from day one
- More than one hundred original recipes and shopping lists and templates for journaling for better results
- Tanya's inspiring anecdotes, case studies, and tool kits for defense against specific food cravings and obstacles, plus super sidebars, tips, tricks, and more to help motivate and inform

The Miracle Carb Diet is a life-changing plan that's enjoyable, flexible, and doable, based on Zuckerbrot's extensive clinical experience as well as her in-depth knowledge of cutting-edge food and nutrition science. So go ahead and raise a glass to the Miracle Carb Diet (yes, you can enjoy that wine guilt-free) and celebrate the miracle of fiber that lets you eat more, weigh less, and even add years to your life.

whole wheat bread nature s own nutrition facts: *Visualizing Nutrition* Mary B. Grosvenor, Lori A. Smolin, Laura R. Christoph, 2021-03-09 *Visualizing Nutrition* helps students understand the science behind nutrition, the sociocultural impact of food and diet, and the many ways dietary choices affect metabolism, health, and well-being. Providing an immersive and engaging visual approach to nutrition science, this accessible textbook teaches students how to think critically about what to eat — empowering them to be informed consumers when making nutrition decisions. Rooted in contemporary nutritional research, the text highlights the importance of diet in preventing disease and improving general health and wellness. The fifth edition has been fully revised throughout, containing the most current information available on the 2020-2025 Dietary Guidelines for Americans. Readable, easy-to-understand chapters explore digestion, carbohydrates, proteins and amino acids, vitamins and minerals, energy balance, weight management, physical activity, nutrition during pregnancy, and other important nutrition topics. The book features a comprehensive range of pedagogical tools and multimedia resources designed to increase comprehension, strengthen critical thinking skills, and demonstrate the relevance of nutrition in students' personal lives.

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