

Bountiful Bread



Kia ora koutou,

Bread is one of the most common pantry items in many households. However, you might have read media articles that give bread a bad rap and be confused about whether or not it's a valuable staple food.

Bread contains carbohydrates, dietary fibre (higher in wholemeal/ whole grain varieties), iodine, and folate which are all important as part of a varied diet. As with most foods, some varieties can be better options than others. The good news is that, no matter what your budget is, there is a good choice for all!

The Ministry of Health's guidelines suggest choosing wholemeal/ wholegrain bread wherever possible as these contain more dietary fibre, which helps you feel fuller for longer, supports normal bowel function, and gives you longer lasting energy. To minimise choking risk for children under two years, white or wholemeal (without the grains) is recommended.



Remember, what you put on the bread is important too. Replacing butter or table spread with hummus, peanut butter, or mustard can add flavour. If you are making a sandwich, why not add some vegetables too?

When shopping for bread, check to see how much dietary fibre is in the bread you are buying. More than 5g fibre/100g is optimal. However, just look for the highest fibre content to suit your budget.

Alternatives to bread

- Wholemeal pita pockets
- Wholemeal wraps
- Rice (brown if possible)
- Pasta (wholemeal if possible)
- Quinoa
- Homemade pizza
- Starchy vegetables (e.g. potato, kumara, pumpkin, parsnip)

Breadcases

You will need: Wholemeal sliced bread and your choice of fillings

Filling options include: eggs, creamed corn, spaghetti, baked beans, left over mince, grated cheese, finely sliced vegetables (such as tomato, onion, mushrooms, capsicum, and celery), shaved meat, canned pineapple. Make some different combos (children can help choose their fillings and help fill the cases too).

1. Preheat oven to 180°C.
2. Lightly grease muffin tins
3. Press slices of bread into muffin tins (you may need to cut off some crusts* to make this easier)
4. Mix together fillings in a bowl and spoon tablespoons of mixture into bread
5. Bake until golden brown and fillings are cooked/melted
6. Gently lift the cases out of the muffin tins.
7. Serve hot as a tasty snack or with a salad and veges as a light meal.

*Waste nothing! You can turn the leftover bread crusts into breadcrumbs by baking them in the oven until they are completely dry, about 20 to 40 minutes at 100°C, checking every 10 minutes. Break them up into crumbs using a food processor, or put the crusts in a reusable bag and bang with a rolling pin.