

Bread: Quality in nutrition

*"We should double our intake
of complex carbohydrates from bread,
cereals and potatoes to make up
at least half of all calories (energy)."*

WORLD HEALTH ORGANISATION, 1991

*"Replace fatty and sugary
foods by cereal and starchy foods."*

DEPARTMENT OF HEALTH, 1991

*"Eating an additional two large slices
of bread a day would have a dramatic
impact on the nation's health."*

Dr. Roger Whitehead
chairman of THE COMA PANEL ON
DIETARY REFERENCE VALUES, 1991

*"Starchy foods like bread, rice, pasta,
cereals, potatoes and yams should be
the main part of most meals."*

MINISTRY OF AGRICULTURE,
FISHERIES & FOOD, 1991

THE FEDERATION
OF BAKERS

20 Bedford Square
London WC1B 3HF
Telephone 01-580 4252

