

# 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

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