



Bread Survey 2011

*Addendum: Our original press release included 4 breads from PAUL, the figures for which were calculated from sodium figures stated on the company's own website. They have since announced a mistake on their site, whereby salt figures were incorrectly quoted as sodium figures. In light of this we have changed the figures used in our release to those that we collected from our own independent sampling conducted on May 17th 2011 (analysed by a public analyst at Kent Scientific Services); the figures are for the Pain Complet (1.76g salt/100g) and Pain Ancien (1.62g/100g). The Pain de Campagne and Pain Aux Six Cereales have been removed because we accept that the figures on PAUL's website were incorrect at the time of the survey and we have been unable to independently verify the salt contents of these products. The survey now contains 292 breads. We are very happy that PAUL have since announced their plans to reduce salt in their bread by 14% and look forward to working with them in the future.

Product information was collected from product packaging or online between April and August 2011. See CASH website for further information.

* Brown is defined as brown, wheatgerm, multiseed, granary, best of both, oat etc...

1. Fresh Bread

All fresh breads were analysed at Kent Scientific Services by a Public Analyst.

Data sorted by 100g from highest to lowest

Brand	Product Name	Bread Type	Pack Weight (g)	Portion size (g)	Salt (g) per 100g	Salt (g) per portion	FOP
Paul	Pain Complet	Brown*	410	not provided	1.76	not provided	not provided
Paul	Pain Ancien	White	425	not provided	1.62	not provided	not provided
Le Pain Quotidien	Blanc De Campagne	White	1020	not provided	1.41	not provided	not provided
Gregg's	Large Sandwich	White	827	not provided	1.39	not provided	not provided
Le Pain Quotidien	Pain de Seigle Paysan	Brown*	1116	not provided	1.36	not provided	not provided
Gregg's	Large Wholemeal	Wholemeal	824	not provided	1.33	not provided	not provided
Sainsbury's	Large Wholemeal Loaf	Wholemeal	852	not provided	1.29	not provided	not provided
ASDA	Wholemeal Square Tin	Wholemeal	863	not provided	1.25	not provided	not provided
Marks & Spencer	Wholemeal Crusty Sandwich	Wholemeal	424	not provided	1.23	not provided	not provided

Percy Ingle	Square Tin	White	831	not provided	1.18	not provided	not provided
Percy Ingle	Large Wholemeal	Wholemeal	807	not provided	1.15	not provided	not provided
Sainsbury's	Large Split Tin White Bread	White	816	not provided	1.15	not provided	not provided
Tesco	Wholemeal Bread Tin	Wholemeal	804	not provided	1.04	not provided	not provided
The Co-operative	White Tin Loaf	White	393	not provided	1.04	not provided	not provided
Tesco	Crusty White Split Tin	White	837	not provided	1.03	not provided	not provided
ASDA	White Square Tin	White	808	not provided	1.01	not provided	not provided
Morrisons	Wholemeal loaf	Wholemeal	846	not provided	0.96	not provided	not provided
Morrisons	White Sandwich Loaf	White	842	not provided	0.94	not provided	not provided
The Co-operative	Wholemeal Tin Loaf	Wholemeal	794	not provided	0.94	not provided	not provided
Waitrose	Organic Wholemeal Long Tin	Wholemeal	819	not provided	0.91	not provided	not provided
Gillespie's Bakery	Half And Half Loaf	Wholemeal	451	not provided	0.88	not provided	not provided
Waitrose	White Long Split Tin	White	825	not provided	0.84	not provided	not provided
Gillespie's Bakery	White Loaf	White	444	not provided	0.56	not provided	not provided

2. Packaged bread

Data sorted by 100g from highest to lowest

Brand	Product Name	Bread Type	Pack Weight (g)	Portion size (g)	Salt (g) per 100g	Salt (g) per portion	FOP
Cranks	Seeded Farmhouse	Brown*	600	not provided	2.03	not provided	not provided
Vogels	Original Mixed Grain	Brown*	800	Slice	1.38	0.63	not provided
Vogels	Soya & Linseed	Brown*	800	Slice	1.25	0.53	not provided
Vogels	Sunflower & Barley	Brown*	800	Slice	1.25	0.53	not provided
Asda Organics	Soft White Loaf	White	800	slice	1.2	0.5	not provided
Asda Chosen By You	Bakers Gold White Farmhouse (11 portions)	White	400	36	1.2	0.4	not provided
Cranks	Wholemeal	Wholemeal	800	not provided	1.18	not provided	not provided

Marks & Spencer Eat Well	Multigrain Bloomer made with 30% Grains	Brown*	400	Slice	1.15	0.58	not provided
Irwin's	Irish Batch Hi-Fibre	Brown*	400	not provided	1.13	not provided	not provided
Asda Chosen By You	Bakers Gold White Farmhouse	White	800	50	1.1	0.5	
Tesco Baker's Soft	Wholemeal Thick	Wholemeal	800	44	1.1	0.5	FG
Tesco Baker's Soft	Tasty White Thick	White	800	44	1.1	0.5	FG
Tesco Baker's Soft	Wholemeal Medium	Wholemeal	800	40	1.1	0.4	FG
Tesco Baker's Soft	Tasty White Medium	White	800	40	1.1	0.4	FG
Weight Watchers	Thick Sliced White	White	400	28.8	1.1	0.3	FG
Weight Watchers	Thick Sliced Wholemeal	Wholemeal	400	28.6	1.1	0.3	FG
Asda Chosen By You	Bakers Gold White Farmhouse (16 portions)	White	400	25	1.1	0.5	not provided
Morrisons	Thick Malted Grain	Brown*	800	40	1.1	0.5	FG
Morrisons	Thick Sunflower & Pumpkin Loaf	Brown*	400	67	1.1	0.8	FG
Kingsmill	Crusts Away White	White	400	Slice	1.08	0.24	FG
Kingsmill	Great Everyday White Medium	White	800	Slice	1.08	0.43	FG
Kingsmill	Little Big Loaf Great Everyday	White	470	Slice	1.08	0.43	FG
Kingsmill	Farmhouse White	White	800	Slice	1.08	0.48	FG
Kingsmill	Soft White Farmhouse	White	800	Slice	1.08	0.48	FG
Kingsmill	Great Everyday White Thick	White	800	Slice	1.08	0.48	FG
Allinson	Wholemeal Batch	Wholemeal	800	Slice	1.08	0.51	not provided
Kingsmill	Love To Toast White Toastie Thick	White	800	Slice	1.08	0.55	FG
Kingsmill	Little Big Loaf Love To Toast	White	470	Slice	1.08	0.58	FG
Warburtons	Thickest (White)	White	800	57.5	1.08	0.62	FG
Warburtons	Toastie Thick Sliced White Bread	White	800	47.4	1.08	0.51	FG
Warburtons	Seeded Batch	Brown*	800	45.8	1.08	0.49	FG
Warburtons	Farmhouse Soft White Sliced Bread	White	800	42.7	1.08	0.46	FG
Warburtons	Medium Sliced White Bread	White	800	40.3	1.08	0.44	FG

Warburtons	Wholemeal	Wholemeal	800	40.3	1.08	0.44	FG
Warburtons	Crusty	White	400	30.5	1.08	0.33	FG
Warburtons	Toastie Thick Sliced White Bread	White	400	28.8	1.08	0.31	FG
Warburtons	Farmhouse Soft White Bread	White	400	27	1.08	0.29	FG
Warburtons	Wholemeal	Wholemeal	400	23.8	1.08	0.26	FG
Warburtons	Medium Sliced White Bread	White	400	23.7	1.08	0.26	FG
Warburtons	Premium Brown Medium Sliced Bread	Brown*	400	23.7	1.08	0.26	FG
Warburtons	Milk Roll	White	400	18.4	1.08	0.20	FG
Hovis	Hearty Oats	Brown*	800	44	1.07	0.47	FG
Sainsbury's Taste The Difference	Soft Oaty Farmhouse Batch	Brown*	800	47	1.06	0.50	FT
Sainsbury's Taste The Difference	Soft Multiseed Wholemeal Farmhouse Batch	Brown*	800	47	1.06	0.50	FT
Hovis Nimble	Wholemeal	Wholemeal	400	22	1.06	0.23	FG
Hovis	Farmhouse Soft White	White	400	Slice	1.05	0.35	FG
Kingsmill	Little Big Loaf Tasty Wholemeal	Wholemeal	470	Slice	1.05	0.41	FG
Kingsmill	Tasty Wholemeal Medium	Wholemeal	800	Slice	1.05	0.43	FG
Hovis	Granary Original Thick	Brown*	800	Slice	1.05	0.46	FG
Kingsmill	Tasty Wholemeal Thick	Wholemeal	800	Slice	1.05	0.46	FG
Waitrose Love Life	Heyford Sliced Bloomer Thick Sliced	Brown*	400	Slice	1.05	0.53	FTG
Hovis	Soft White Doorstep	White	800	67	1.05	0.70	FG
Hovis	Farmhouse Soft White	White	800	50	1.05	0.52	FG
Hovis	Farmhouse Wholemeal	Wholemeal	not provided	50	1.05	0.52	FG
Hovis	Soft White Thick	White	800	50	1.05	0.52	FG
Hovis	Wholemeal Thick	Wholemeal	800	50	1.05	0.52	FG
Sainsbury's Taste The Difference	Soft Wholemeal Farmhouse Batch	Wholemeal	800	47	1.05	0.50	FT
Hovis	Seed Sensations Rich & Roasted	Brown*	800	44	1.05	0.46	FG

Hovis	Seed Sensations Light & Nutty	Brown*	800	44	1.05	0.46	FG
Hovis	Soft White Medium	White	800	40	1.05	0.42	FG
Hovis	Wholemeal Medium	Wholemeal	800	40	1.05	0.42	FG
Hovis	Granary Original Medium	Brown*	800	36	1.05	0.38	FG
Hovis	Granary Original	Brown*	400	33	1.05	0.35	FG
Hovis	Soft White Thick	White	400	33	1.05	0.35	FG
Hovis	Seed Sensations Light & Nutty	Brown*	400	33	1.05	0.35	FG
Hovis	Wholemeal	Wholemeal	400	25	1.05	0.25	FG
Hovis	Soft White Medium	White	400	25	1.05	0.26	FG
Kingsmill	Oatlicious Medium	Brown*	800	Slice	1.03	0.41	FG
Kingsmill	Oatlicious Thick	Brown*	800	Slice	1.03	0.45	FG
Sainsbury's Taste The Difference	Soft White Farmhouse Batch	White	800	47	1.02	0.48	FT
Morrisons	Extra Thick Superlife White	White	800	53	1	0.5	FG
Morrisons	Extra Thick White	White	800	53	1	0.5	FG
Waitrose	Soft White Medium Sliced Bread	White	400	Slice	1.00	0.27	not provided
Marks & Spencer Eat Well	High Bran	Brown*	400	Slice	1.00	0.27	not provided
Waitrose Love Life	Stoneground Wholemeal Medium Sliced	Wholemeal	400	Slice	1.00	0.27	FTG
Waitrose Love Life	Wholemeal & Seeds Medium Sliced	Brown*	400	Slice	1.00	0.27	FTG
Stephenson's Bakery	Medium Sliced Bread White	White	800	Slice	1	0.3	FG
Stephenson's Bakery	Medium Sliced Bread Wholemeal	Wholemeal	800	Slice	1	0.3	FG
Marks & Spencer	Crusty White	White	400	Slice	1.00	0.33	not provided
Marks & Spencer Eat Well	Super Soft Wholemeal Medium Sliced	Wholemeal	400	Slice	1.00	0.33	not provided
Waitrose Love Life	Stoneground Wholemeal Medium Sliced	Wholemeal	800	Slice	1.00	0.33	FTG
Waitrose Essential	Wholemeal Medium Sliced Bread	Wholemeal	800	Slice	1.00	0.36	not provided
Asda Smart Price	Medium Brown Bread	Brown*	800	Slice	1.0	0.4	not provided
Asda Smart Price	Medium White Bread	White	800	Slice	1.0	0.4	not provided

Marks & Spencer	Super Soft White Medium Sliced	White	800	Slice	1.00	0.40	not provided
Waitrose Love Life	High Fibre Soft White Bread Thick Sliced	White	800	Slice	1.00	0.40	FTG
Waitrose Love Life	Wholemeal & Seeds Thick Sliced	Brown*	800	Slice	1.00	0.40	FTG
Waitrose	Soft White Medium Sliced Bread	White	800	Slice	1.00	0.41	not provided
Waitrose	White And Wholegrain Medium Sliced Bread	Brown*	800	Slice	1.00	0.41	not provided
Vogels	Wholemeal & Oat	Brown*	800	Slice	1.0	0.43	not provided
Waitrose Essential	White Thick Sliced Bread	White	800	Slice	1.00	0.44	not provided
Waitrose	Soft White Thick Sliced Bread	White	800	Slice	1.00	0.46	not provided
Waitrose	Farmhouse Batch Crusty White	White	800	Slice	1.00	0.50	not provided
Waitrose	Farmhouse Batch Multigrain	Brown*	800	Slice	1.00	0.50	not provided
Waitrose	Farmhouse Batch Soft White	White	800	Slice	1.00	0.50	not provided
Marks & Spencer	Super Soft White Thick Sliced	White	800	Slice	1.00	0.50	not provided
Waitrose Love Life	Farmhouse Batch Wholemeal	Wholemeal	800	Slice	1.00	0.50	FTG
Stephenson's Bakery	Thick Sliced Bread White	White	800	Slice	1	0.5	FG
Stephenson's Bakery	Thick Sliced Bread Wholemeal	Wholemeal	800	Slice	1	0.5	FG
Rathbones	Thick Sliced Brown Bread	Brown*	800	Slice	1	0.5	FG
Irwin's	Irish Batch White	White	400	not provided	1.0	not provided	not provided
Country Kitchens Bakery	White Crusty Loaf	White	350	not provided	1.0	not provided	F
Morrisons Value	Medium Sliced White Bread	White	800	33	1	0.3	FG
Waitrose Love Life	Seeded Wheatgerm Loaf	Brown*	500	50	1.00	0.50	FTG
Tesco Finest	Farmhouse Batch	White	800	50	1	0.5	FG
Tesco Finest	Multigrain Farmhouse Batch	Brown*	800	50	1.0	0.5	FG
Tesco Finest	Stoneground Wholemeal Farmhouse Batch	Wholemeal	800	50	1.0	0.5	FG
Tesco Finest	White Farmhouse Batch	White	800	50	1.0	0.5	FG
Wheatfield Bakery	White Farmhouse	White	800	50	1.0	0.5	FG
Wheatfield Bakery	Wholemeal Farmhouse	Wholemeal	800	50	1.0	0.5	FG

The Co-operative Truly Irresistible	White Farmhouse Batch Loaf	White	800	47	1.0	0.4	FTG
The Co-operative Truly Irresistible	Oatmeal Batch Loaf	Brown*	800	47	1.0	0.5	FTG
The Co-operative Truly Irresistible	Wholemeal Seeded Batch Loaf	Brown*	800	47	1.0	0.5	FTG
Warburtons	Thick Sliced Wholegrain With Rye	Brown*	800	44.7	1.00	0.45	FG
Asda Chosen By You	Square Cut White Thick Sliced	White	800	44	1.0	0.4	not provided
Sainsbury's Organic	White Thick Sliced Bread	White	800	44	1.0	0.4	FT
The Co-operative	White Bread Thick Sliced	White	800	44	1.0	0.4	FTG
Tesco Finest	Multiseed Farmhouse Batch	Brown*	800	44	1.0	0.4	FG
Tesco Finest	Oatmeal Farmhouse Batch	Brown*	800	44	1	0.4	FG
Tesco	Wholemeal Sliced Bread Thick	Wholemeal	800	44	1.0	0.5	FG
Warburtons	Farmhouse Soft Brown Sliced Bread	Brown*	800	42.4	1.00	0.42	FG
Warburtons	Farmhouse Soft Grained Sliced Bread	Brown*	800	42.4	1.00	0.42	FG
Tesco	Wholemeal Oatbran Bread *Cholesterol Lowering	Brown*	800	40	1	0.4	FG
Morrisons	Medium Stoneground Wholemeal	Wholemeal	800	33	1	0.3	FG
Morrisons	Medium Superlife White	White	800	33	1	0.3	FG
Morrisons	Medium Superlife Wholemeal	Wholemeal	800	33	1	0.3	FG
Morrisons	Medium White	White	400	57	1	0.5	FG
Warburtons	Tasty White	White	600	38	1.00	0.38	FG
Asda Chosen By You	Fresh For A Week White Medium Sliced	White	800	36	1.0	0.3	not provided
Asda Chosen By You	Square Cut White Medium Sliced	White	800	36	1.0	0.4	not provided
The Co-operative	White Bread Medium Sliced	White	800	36	1.0	0.3	FTG
Tesco Value	Medium Sliced White Bread	White	800	36	1.0	0.4	FG
Tesco Value	Medium Sliced Wholemeal Bread	Wholemeal	800	36	1.0	0.4	FG
Morrisons	Medium White	White	800	33	1	0.3	FG
Morrisons	Thick Brown	Brown*	800	40	1	0.5	FG

Hovis Nimble	White	White	380	21	1.00	0.21	FG
Morrisons	Thick Stoneground Wholemeal	Wholemeal	800	40	1	0.5	FG
Morrisons	Thick Superlife White	White	800	40	1	0.5	FG
Morrisons	Thick White	White	800	40	1	0.5	FG
Morrisons	Toastie White	White	400	67	1	0.8	FG
Hovis	Granary Wholemeal	Brown*	800	44	0.99	0.44	FG
Kingsmill	50 50 White Medium	Brown*	800	Slice	0.98	0.40	FG
Kingsmill	50 50 With Omega 3 White Medium	Brown*	800	Slice	0.98	0.40	FG
Kingsmill	The Lightly Seeded One	Brown*	800	Slice	0.98	0.4	FG
Kingsmill	50 50 White Thick	Brown*	800	Slice	0.98	0.43	FG
Kingsmill	The Secretly Seeded One	Brown*	800	Slice	0.98	0.43	FG
Hovis	Original Wheatgerm	Brown*	800	40	0.98	0.39	FG
Warburtons	Wholegrain Goodness With Sunflower Seeds	Brown*	600	38	0.98	0.37	FG
Hovis	Original Wheatgerm	Brown*	400	25	0.98	0.25	FG
Waitrose Organic	Farmhouse Batch Soft White	White	800	Slice	0.98	0.49	not provided
Waitrose Organic	Farmhouse Batch Wholemeal	Wholemeal	800	Slice	0.98	0.49	FTG
Waitrose	Wholemeal Bread	Wholemeal	800	50	0.98	0.44	not provided
Marks & Spencer	Soft White Farmhouse	White	400	Slice	0.95	0.25	not provided
Waitrose	White Sliced Bread	White	800	Slice	0.95	0.34	not provided
Marks & Spencer Eat Well	Crusty Granary	Brown*	800	Slice	0.95	0.48	not provided
Waitrose	White Sliced Bloomer	White	400	Slice	0.95	0.48	FTG
Sainsbury's Taste The Difference	Wholemeal Bloomer	Wholemeal	400	Slice	0.95	0.48	FT
Sainsbury's	Medium White Fresh For Longer	White	800	Slice	0.94	0.34	FT
Sainsbury's Organic	Wholemeal Bread	Wholemeal	400	Slice	0.93	0.33	FT
Marks & Spencer Eat Well	Super soft Wholemeal Medium Sliced	Wholemeal	800	Slice	0.93	0.37	not provided
Marks & Spencer Eat Well	Super Soft Wholemeal Thick Sliced	Wholemeal	400	Slice	0.93	0.46	not provided

Marks & Spencer Eat Well	Super soft Wholemeal Thick Sliced	Wholemeal	800	Slice	0.93	0.46	not provided
Sainsbury's Taste The Difference	Sunflower Seed & Honey Bloomer	Brown*	400	Slice	0.93	0.46	FT
Marks & Spencer Eat Well	Multiseed Bloomer made with 30% Seeds & Grains	Brown*	400	Slice	0.93	0.48	not provided
Marks & Spencer Eat Well	Super Grain	Brown*	800	Slice	0.93	0.48	not provided
Waitrose Love Life	Wholemeal Continental Style	Wholemeal	800	slice	0.93	0.46	FTG
Morrisons Value	Medium Sliced Wholemeal Bread	Wholemeal	800	33	0.9	0.3	FG
Morrisons	Medium Soft Wholemeal	Wholemeal	400	2 Slices	0.9	0.5	FG
Morrisons	Medium Soft Wholemeal	Wholemeal	800	33	0.9	0.3	FG
Morrisons	Thick Soft Wholemeal	Wholemeal	800	40	0.9	0.3	FG
Marks & Spencer Eat Well	Wheatgerm	Brown*	400	Slice	0.90	0.19	not provided
Marks & Spencer Eat Well	Super Seeded Loaf	Brown*	400	Slice	0.90	0.30	not provided
Sainsbury's	Medium Wholemeal Fresh For Longer	Wholemeal	800	Slice	0.90	0.32	FT
Sainsbury's Basics	White Bread (Medium)	White	800	Slice	0.90	0.32	FT
Marks & Spencer Eat Well	Golden Wholemeal	Wholemeal	800	Slice	0.90	0.43	not provided
Marks & Spencer	Soft White Farmhouse	White	800	Slice	0.90	0.43	not provided
Asda Chosen By You	Square Cut White & Wheat Sliced	White	800	50	0.9	0.4	not provided
Asda Chosen By You	Bakers Gold Wholemeal Farmhouse	Wholemeal	800	50	0.9	0.5	not provided
Asda Chosen By You	Organic Wholemeal	Wholemeal	800	44	0.9	0.4	not provided
Asda Chosen By You	Square Cut Wholemeal Thick Sliced	Wholemeal	800	44	0.9	0.4	not provided
Tesco	White Sliced Bread Thick	White	800	44	0.9	0.4	FG
Sainsbury's Organic	Stoneground Wholemeal	Wholemeal	800	44	0.9	0.4	FT
The Co-operative	Wholemeal Bread Thick Sliced	Wholemeal	800	44	0.9	0.4	FTG
Tesco Value	Thick Sliced White Bread	White	800	44	0.9	0.4	FG
Tesco Baker's Soft	Whole 'N' White Medium	Brown*	800	40	0.9	0.4	FG
Asda Chosen By You	Organic Wholemeal	Wholemeal	400	36	0.9	0.3	not provided
Asda Chosen By You	Square Cut Wholemeal Medium Sliced	Wholemeal	800	36	0.9	0.3	not provided

Tesco	White Sliced Bread Medium	White	800	36	0.9	0.3	FG
Tesco	Wholemeal Sliced Bread Medium	Wholemeal	800	36	0.9	0.3	FG
The Co-operative	Wholemeal Bread Medium Sliced	Wholemeal	800	36	0.9	0.3	FTG
Waitrose Love Life	Wheatgerm Bloomer Thick Sliced	Brown*	400	not provided	0.90	0.45	FTG
Sainsbury's Basics	Wholemeal Bread (Medium Sliced)	Wholemeal	800	Slice	0.89	0.32	FT
Kingsmill	Crusts Away 50 50	Brown*	400	Slice	0.88	0.20	FG
Hovis	Best of Both Doorstep	Brown*	not provided	Slice	0.88	0.59	FG
Hovis	Best of Both Thick	Brown*	800	50	0.88	0.44	FG
Hovis	Best of Both Medium	Brown*	800	40	0.88	0.35	FG
Marks & Spencer Eat Well	Golden Wholemeal	Wholemeal	400	Slice	0.85	0.23	not provided
Marks & Spencer Eat Well	Soft Granary Farmhouse	Brown*	400	Slice	0.85	0.23	not provided
Marks & Spencer Eat Well	Super Seeded	Brown*	800	Slice	0.85	0.43	not provided
Sainsbury's Taste The Difference	Multiseed Bloomer	Brown*	400	Slice	0.84	0.42	FT
Sainsbury's Organic	Multiseed Wholemeal	Brown*	400	Slice	0.83	0.25	FT
Duchy Originals	Wholemeal Seeded Bloomer	Brown*	400	Slice	0.83	0.41	not provided
Morrisons The Best	Seeded Loaf	Brown*	400	not provided	0.8	not provided	
Morrisons	Thick Sunflower & Pumpkin Loaf	Brown*	800	40	0.8	0.3	FG
Morrisons	Toastie Sunflower & Pumpkin Loaf	Brown*	800	53	0.8	0.5	FG
Sainsbury's Organic	Sunflower & Pumpkin Seed	Brown*	400	Slice	0.80	0.24	FT
Kingsmill	Little Big Loaf The Really Seeded One	Brown*	470	Slice	0.80	0.31	FG
Kingsmill	The Really Seeded One	Brown*	800	Slice	0.80	0.35	FG
Marks & Spencer	Oaty	Brown*	800	Slice	0.80	0.38	not provided
Asda Chosen By You	Square Cut White Sliced Half Loaf	White	400	44	0.8	0.36	not provided
Asda Chosen By You	Fresh For A Week Wholemeal Medium Sliced	Wholemeal	800	36	0.8	0.3	not provided
Tesco Stayfresh	Wholemeal Sliced Bread Medium	Wholemeal	800	34	0.8	0.3	FG

Tesco	Goodness Whole 'N' White Sliced Loaf	Brown*	400	31	0.8	0.2	FG
Hovis Nimble	Malted Wholegrain	Brown*	400	22	0.79	0.17	FG
Burgen	Buckwheat & Poppy Seed	Brown*	800	Slice	0.78	0.31	not provided
Marks & Spencer Bakery Eat Well	Organic Multiseed Loaf	Brown*	400	50	0.78	0.40	not provided
Sainsbury's	Medium White	White	800	Slice	0.75	0.27	FT
Burgen	Soya & Linseed	Brown*	800	Slice	0.75	0.30	not provided
Sainsbury's	Thick White	White	800	Slice	0.75	0.33	FT
The Food Doctor	Multi-seed Oat Loaf	Brown*	400	Slice	0.75	0.375	not provided
Sainsbury's	Medium Wholemeal	Wholemeal	800	Slice	0.74	0.27	FT
Sainsbury's	Thick Wholemeal	Wholemeal	800	Slice	0.74	0.33	FT
Marks & Spencer	Toasting White	White	400	Slice	0.73	0.25	not provided
Marks & Spencer Eat Well	Oaty Bloomer made with 30% Oats	Brown*	400	Slice	0.65	0.33	not provided
Tesco Stayfresh	White Sliced Bread Medium	White	800	34	0.6	0.2	FG
Marks & Spencer Simply More Eat Well	Healthiest White Bread	White	800	Slice	0.58	0.23	not provided