

COMMON BREAD INGREDIENTS TO AVOID

- Calcium propionate
- Calcium sulfate
- Citric acid
- Cultured wheat starch
- Dough conditioner
- Enriched flour
- White flour
- Wheat flour
- Organic flour
- High fructose corn syrup
- Honey
- Lactic acid
- Liquid sugar
- Malted barley syrup
- Molasses
- Monocalcium phosphate
- Microcrystalline cellulose
- Monoglycerides
- Potato flour
- Sugar
- Cane sugar
- Sucrose
- Starch
- Sodium stearyl lactylate
- Wheat starch

Instead, consider bread with ingredients such as the following:

- 100% Whole wheat flour
- Sunflower seeds
- Flax seeds
- Whole oats
- Sesame seeds
- 100% Whole grain rye