

## COMMON BREAD INGREDIENTS TO AVOID

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

**Instead, consider breads with ingredients such as the following:**

- Whole wheat flour
- Sunflower seeds
- Flax seeds
- Whole oats
- Sesame seeds
- Barley
- Quinoa
- Whole grain rye