

Is bread bad for you?

Video transcript: A tale of two loaves

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To compare homemade to shop bought bread we need to dig a little deeper. This is the tale of two loaves.

Most of the bread that we eat in the UK is made on an industrial scale, using a technique known as the Chorleywood method, which uses high speed mixing among other things to rapidly speed up the baking process.

A standard white loaf is still Britain's most popular choice. But there's nothing in the world like the taste of fresh homemade bread.

Now you might ask: Is there a nutritional difference between homemade or shop bought?

Here we have my "easy white loaf" and this sliced bread represents an average wrapped white loaf you'd buy in a supermarket.

So what's in it? Well my loaf contains 400 grams of strong white flour, 1 teaspoon of dry instant yeast, 1 teaspoon fine salt, 300ml warm water and oil for a bit of kneading.

And how does that break down? 100 grams of bread contains 198 calories, 1.4 grams of fat, 5.5 grams of protein, 40 grams of carbohydrate and 2.1 grams of fibre.

But there are more carbs, fat and protein in shop-bought. An average factory-fresh white loaf also contains wheat flour, water, yeast, salt and oil, as well as other ingredients like vinegar, emulsifier, preservatives and flour treatment agents.

One hundred grams of this bread contains 233 calories – that's 35 more than homemade. It's a little higher in fat at 1.7 grams and slightly higher in salt with 0.9 grams.

And when it comes to sugar, shop-bought bread contains about four times as much as homemade. It provides the same amount of fibre, which helps digestion.

So which is better for you? Well, if you want something with a little less additives and processing, you're better off making this easy white loaf at home.

And here's a way to make homemade bread even healthier: You could swap 25% of the white flour for some wholemeal, and then add some seeds. This will increase your fibre and good fat intake.