

A Fructose Free Guide to Australian Breads

In *The Sweet Poison Quit Plan*, I included the graph of breads set out below. Most bread is low in sugar but some is surprisingly high. The chart compares the fructose percentage with the fibre in most popular breads. All breads contain some levels of sugar. But all of the standard unflavoured white breads will lie somewhere between half a percent and 4 percent sugar (2 percent fructose). This is about half the best fruit (Kiwi Fruit) and with equivalent amounts of fibre.

Below the graph I have set out some lists of the breads, muffins and crumpets you are most likely to encounter in a supermarket. I've also included a stand-alone list for gluten free breads. Brumby's is a notable omission. They do not currently publish their nutrition data. If they ever do, I'll add them to the list. It is probably safe to assume that they have similar sugar levels to Baker's Delight.

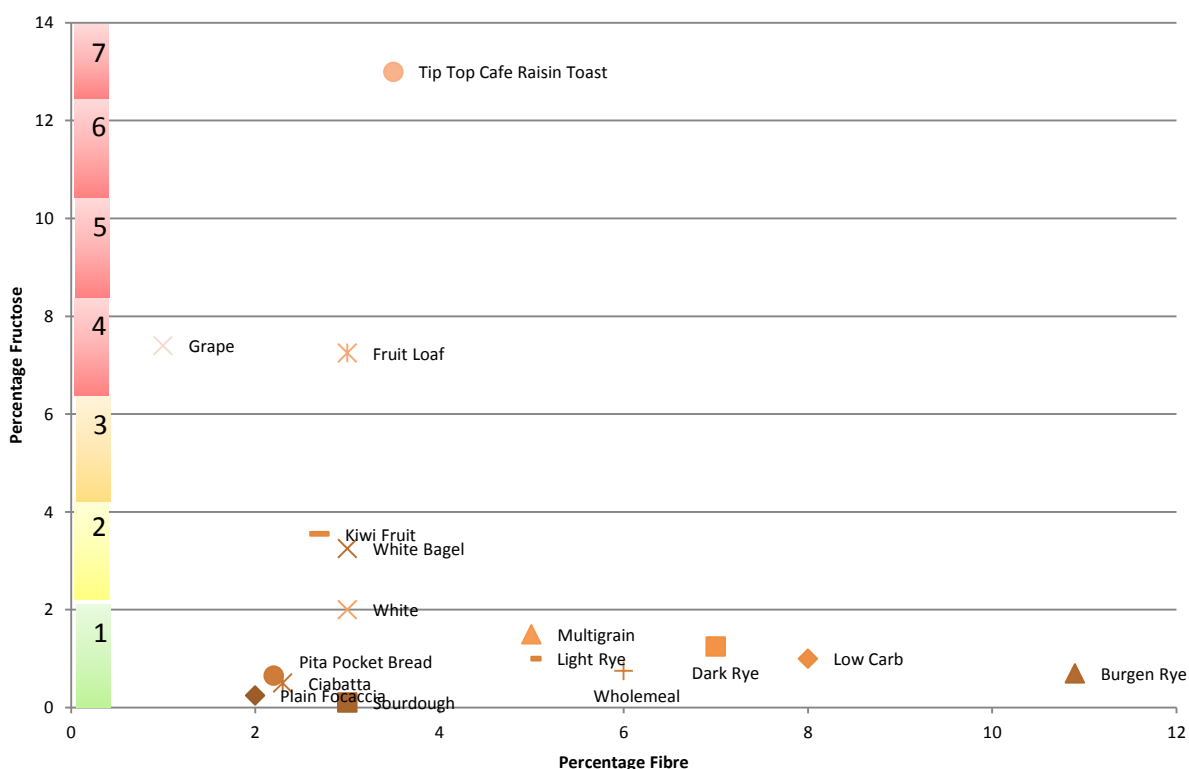


Figure 1 - The coloured scale to the left is the equivalent number of teaspoons of sugar to deliver this much fructose

The Best 10

This year's update to the Bread guide now includes a much greater range of bakers. Once again, anything in the Best 10 would be a fine choice (from a sugar content perspective) to place underneath your Vegemite.

Rank	Baker	Bread	Percent Sugar
1	Baker's Delight	Rye Loaf	0.1%
	Baker's Delight	Sunflower Rye Loaf	
2	Baker's Delight	White Spelt Block Loaf	0.2%
	Dovedale	Rice Chia	
3	Edwards Sourdough	Organic Khorasan Quinoa	0.3%
4	Aroma Bakery Catering	Rye Swirl Sourdough	0.4%
	Edwards Sourdough	Light Rye	
	Edwards Sourdough	Lupin Chia	
	Edwards Sourdough	Dark Rye Sunflower	
	Edwards Sourdough	Dark Rye	
5	Baker's Delight	Authentic Sourdough Vienna	0.5%
	Baker's Delight	Authentic Sourdough Loaf	
6	Edwards Sourdough	Spelt Wholemeal	0.6%
	Dovedale	Rye Chia	
7	Edwards Sourdough	7 Grain	0.7%
	Edwards Sourdough	Organic Rye Sourdough	
	Edwards Sourdough	Spelt Wholemeal Grain	
	Edwards Sourdough	Soy & Linseed Rye	
8	Baker's Delight	Pane di Casa Rye Loaf	0.8%
	Baker's Delight	Pane di Casa Wholemeal Loaf	
9	Pure Bred	Multigrain Farmhouse Loaf	0.9%
10	Coles	Crumpet Snaps	1.0%
	Coles	Crumpets	
	Golden	Crumpets	
	Golden	Crumpets with Wholemeal	
	Baker's Delight	Hi-Fibre Lo-GI White Block Loaf	
	Baker's Delight	Authentic Sourdough Olive Vienna	

The Worst 10

It won't come as a great surprise that most of the breads on this list are full of dried fruit. The average sultana is 60-70 per cent sugar, but most manufacturers throw in quite a bit of extra sugar to make these breads just that little bit more wholesome. Two slices of Baker's Delight's Apricot Delight Loaf contains about 7 teaspoons of sugar – slightly more than a Mars Bar (and that's before you put anything on them).

Rank	Baker	Bread	Percent Sugar
1	Baker's Delight	Apricot Delight Loaf	34.0%
2	Baker's Delight	Wholemeal Fruit Loaf	29.1%
3	Baker's Delight	Traditional Fruit Loaf	26.1%
	Tip Top	Café Raisin Toast	26.0%
4	Baker's Delight	Toasty Fruit Loaf	25.6%
5	Très Bon	Café Fruit Loaf	23.6%
	Très Bon	Continental Fruit Loaf	
	Très Bon	Apricot Delight	
6	Bill's Organic	Sourdough Fruit Loaf	22.6%
7	Baker's Delight	Cinnamon & Fruit Loaf	22.3%
	Baker's Delight	Cranberry & Fruit Loaf	
8	Dovedale	Fruit & Rice Chia	19.9%
9	Baker's Delight	Chia & Fruit Loaf (Chia)	19.3%
10	Mighty Soft	Cafe Style Fruit Toast	19.0%
	Baker's Delight	Authentic Sourdough Fruit Vienna	

Gluten Free

There aren't a lot of gluten free breads and few people would eat them if they had a choice, so I've decided to do a complete list of the options available in most supermarkets from best to worst. The range of sugar content is quite large, so if your brand isn't here, make sure you take a close look at the label. Gluten free does not mean sugar free.

	Bread	Percent Sugar
1	Dovedale Rice Chia Gluten Free	0.2%
2	Dovedale Rye Chia Wheat Free	0.6%
3	Pure Bred Multigrain Farmhouse	0.9%
4	Dovedale Grain Chia	1.1%
5	Pure Bred White Farmhouse	1.3%
6	Wild Breads Gluten Free Crusty White	2.6%
7	Country Life Gluten Free Low GI White	3.5%
8	Country Life Multigrain	3.7%
9	Country Life White	4.0%
10	Country Life 100% Yeast, Gluten & Wheat Free	5.3%
11	Dovedale Fruit & Rice Chia Gluten Free	19.9%

The Complete List

The complete listing for Breads is broken down alphabetically by the brand name of the bread and then alphabetically by the name of the particular loaf.

While most serves of non-fruit bread contain relatively little sugar, most people eat more than two slices (about 70 grams for most breads) a day. If you are a big bread eater stick to the top ten list above. If all you have is two slices for breakfast then just about anything (other than fruit bread) should be fine.

Baker	Bread	Percentage Sugar
Abbott's Village Bakery	Country Grains	3.5%
	Farmhouse Wholemeal	3.8%
	Grainy Wholemeal	3.2%
	Harvest Seeds & Grains	3.8%
	Light Rye	3.6%
	Rustic White	4.0%
Alpine	Sour Rye	2.9%
	Sour Rye Grain	3.9%
	Spelt & Barley Fruits	9.1%
	Spelt & Sprouted Grains	3.8%
	Tuscany	2.5%
Aroma Bakery Catering	Multigrain Sourdough	1.4%
	Rye Swirl Sourdough	0.4%
	White Sourdough	2.1%
	Wholemeal Sourdough	1.7%
Baker's Delight	Apricot Delight Loaf	34.0%
	Authentic Rye Sourdough Cob	1.1%
	Authentic Rye Sourdough Vienna	1.1%
	Authentic Sourdough Fruit Vienna	19.0%
	Authentic Sourdough Loaf	0.5%
	Authentic Sourdough Olive Vienna	1.0%
	Authentic Sourdough Vienna	0.5%
	Cape Fruit & Nut Loaf	16.2%
	Cape Seed Loaf	1.3%
	Challah Plait	4.0%
	Chia & Fruit Loaf (Chia)	19.3%
	Chia & Fruit Loaf (Sunflower)	18.7%
	Chia Omega-3 White Block Loaf	1.3%
	Chia Omega-3 Wholemeal Block Loaf	1.3%
	Ciabatta Loaf	1.3%
Cinnamon & Fruit Loaf	22.3%	

Baker	Bread	Percentage Sugar
	Continental Dark Rye Loaf	1.3%
	Continental French Cob	1.3%
	Continental Italian Bread	1.3%
	Continental Light Rye Vienna	1.1%
	Continental Tin Pasta Dura	1.3%
	Country Grain Block Loaf Range	1.3%
	Cranberry & Fruit Loaf	22.3%
	Hi-Fibre Lo-GI White Block Loaf	1.0%
	Hi-Fibre Tiger Loaf	1.3%
	Lekkerbrot Loaf	1.2%
	Pane di Casa Loaf	1.3%
	Pane di Casa Olive Loaf	1.4%
	Pane di Casa Rye Loaf	0.8%
	Pane di Casa Sundried Tomato Loaf	2.9%
	Pane di Casa Wholemeal Loaf	0.8%
	Rye Loaf	0.1%
	Soy & Linseed Loaf	3.2%
	Sunflower Rye Loaf	0.1%
	Toasty Fruit Loaf	25.6%
	Traditional Damper	5.6%
	Traditional Fruit Loaf	26.1%
	Turkish Bread	1.2%
	Turkish Bread - Herb	1.2%
	White Block Loaf Range	1.3%
	White Cob Loaf	1.4%
	White Farmer's Loaf	1.4%
	White Pipe Loaf	1.4%
	White Plait Loaf	1.4%
	White Spelt Block Loaf	0.2%
	White Tiger Farmer's Loaf	1.6%
	White Vienna Loaf	1.4%
	Wholemeal Block Loaf Range	1.5%
	Wholemeal Cob Loaf	1.4%
	Wholemeal Country Grain Block Loaf	1.3%
	Wholemeal Country Grain Cob Loaf	1.4%
	Wholemeal Country Grain Flour Loaf	1.3%
	Wholemeal Country Grain Tin Vienna Loaf	1.3%
	Wholemeal Fruit Loaf	29.1%
	Wholemeal Pipe Loaf	1.4%
	Wholemeal Sunflower Loaf	1.5%
	Wholemeal Vienna Loaf	1.4%
Bakers Life (Aldi)	Bakehouse Light Rye	2.5%
	Bakehouse Mixed Grain	2.6%

Baker	Bread	Percentage Sugar
	Bakehouse Soy & Linseed	3.1%
	Bakehouse White	2.9%
	Bakehouse Wholemeal	2.6%
	Café Fruit Loaf	17.1%
	English	2.5%
	Farmhouse Sourdough	4.5%
	Fruit	8.1%
	Grain Wise Original with 9 Grains & Seeds	1.8%
	Original Country Seed	2.7%
	Original Harvest Grain	2.8%
	Original Hearty White	4.4%
	Raisin Toast	15.0%
	Super Soft White	3.0%
	Viva High Fibre White	2.4%
	Viva Smooth Wholemeal	2.6%
	Wholemeal	1.7%
	Bill's Organic	Sourdough 100% Wholemeal
Sourdough Fruit Loaf		22.6%
Sourdough Medium Rye		1.4%
Sourdough Multigrain		2.0%
Sourdough Spelt		5.1%
Stoneground Hi-Fibre Sourdough		2.0%
Burgen	Fruit & Muesli	14.0%
	Pumpkin Seeds	2.0%
	Rye	1.6%
	Soy-Lin	2.4%
	Wholegrain & Oats	2.9%
	Wholemeal & Seeds	2.5%
Buttercup	Country Split White	2.5%
	Country Split Wholemeal	2.1%
Coles	Crumpet Snaps	1.0%
	Crumpets	1.0%
	English Muffins	2.8%
	Multigrain Sandwich	1.6%
	Raisin Bread	15.0%
	Smart Buy Cottage Split	1.9%
	Smart Buy Multigrain	1.7%
	Smart Buy White Sandwich	3.0%
	Smart Buy White Toast	3.0%
	Smart Buy Wholemeal	3.4%
	Soy & Linseed Sandwich	1.4%
	White Sandwich	1.7%
White Toast	1.7%	

Baker	Bread	Percentage Sugar
	Wholemeal Sandwich	1.6%
Country Life	Low GI White	3.5%
	Multigrain	3.7%
	White	4.0%
	Yeast Free White	5.3%
Dovedale	Fruit & Rice Chia	19.9%
	Multiseed Chia	1.1%
	Rice Chia	0.2%
	Rye Chia	0.6%
Edwards Sourdough	7 Grain	0.7%
	Dark Rye	0.4%
	Dark Rye Sunflower	0.4%
	Light Rye	0.4%
	Lupin Chia	0.4%
	Organic Khorasan Quinoa	0.3%
	Organic Rye Sourdough	0.7%
	Soy & Linseed Rye	0.7%
	Spelt Wholemeal	0.6%
	Spelt Wholemeal Grain	0.7%
Flinders	Multigrain	2.3%
	Sour Dough Rye	2.0%
Gold Coast Bakery	8 grain Multigrain	2.6%
	White	2.9%
	Wholemeal	2.6%
Golden	Crumpets	1.0%
	Crumpets with Wholemeal	1.0%
Golden Hearth	100% Stoneground Organic	3.6%
	Classic Fruit Loaf	22.9%
	Gluten Free Seed Loaf	0.8%
	Gluten Free White	0.9%
	Heavy Wholegrain Organic	3.3%
Good Stuff	Light Rye	4.1%
	Sourdough Rye	2.6%
	White	3.4%
Helga's	Light Rye	2.5%
	Mixed Grain Sandwich Thins	5.3%
	Mixed Grain	2.5%
	Pumpkin Five Seed	2.4%
	Soy & Linseed Sandwich Thins	5.8%
	Soy & Linseed	3.1%
	Traditional White	3.0%
	Traditional Wholemeal Sandwich Thins	5.3%
	Traditional Wholemeal	2.4%

Baker	Bread	Percentage Sugar
	Wholegrain Quinoa & Flaxseed	2.3%
	Wholemeal Grain	2.5%
Homestyle Bake	Multigrain	0.3%
	White	0.1%
	Wholemeal	0.5%
King Henry's Bakehouse	Rye	1.5%
Lawson's	Homestead Seed & Grain	1.4%
	Original White	2.1%
	Settlers Grain	1.6%
	Stone Mill Wholemeal	2.1%
Mighty Soft	Cafe Style Fruit Toast	19.0%
	Cheese & Bacon	2.1%
	Crumpet Splits	4.8%
	Fruit & Spice	10.2%
	Raisin Toast	15.0%
	White	2.1%
Molenberg	12 Grains and Seeds Original	2.8%
	12 Grains and Seeds Soy & Linseed	2.6%
Pure Bred	Multigrain Farmhouse Loaf	0.9%
	White Farmhouse Loaf	1.3%
Tip Top	Café Raisin Toast	26.0%
	English	2.4%
	English Multigrain	1.6%
	English Spicy Fruit	11.6%
	English Wholemeal	1.9%
	Raisin Toast	17.7%
	Scone Toast Classic Buttermilk	8.0%
	Spicy Fruit Loaf	16.1%
	Texas Toast	3.7%
Tip Top 9 Grain	9 Seeds	2.7%
	Original	2.2%
	Pumpkin Seed	2.2%
	Wholemeal	1.9%
Tip Top Sunblest	Soft Multigrain Sandwich	2.5%
	Soft Multigrain Thick	2.5%
	Soft White Sandwich	2.3%
	Soft White Thick	2.3%
	Soft Wholemeal Sandwich	3.0%
	Soft Wholemeal Thick	3.1%
Tip Top The One	Omega-3 DHA Sandwich	3.1%
	Sandwich	3.0%
	Toast	2.9%
	Wholemeal Sandwich	3.0%

Baker	Bread	Percentage Sugar
	Wholemeal Toast	2.9%
Très Bon	Apricot Delight	23.6%
	Café Fruit Loaf	23.6%
	Continental Fruit Loaf	23.6%
True Foods	Multigrain Sandwich Thins	5.6%
	White Sandwich Thins	5.3%
	Wholegrain Sandwich Thins	5.3%
Wild Breads	Gluten Free Crusty White	2.6%
Wonderwhite	Hi Fibre Plus	2.3%
	Omega 3 DHA	2.1%
	Smooth Wholemeal + Iron Sandwich	2.6%
	Vitamins & Minerals	2.1%
	Wholemeal	2.1%
Woolworths	Homebrand Multigrain	2.4%
	Homebrand White Sandwich	3.2%
	Homebrand White Toast	3.2%
	Homebrand Wholemeal	3.1%
Woolworths Select	Chia	2.8%
	English	2.7%
	Mixed Wholegrain	2.4%
	Smooth Wholemeal	3.0%
	White	2.7%