

Seven Slices of White Bread a Day Significantly Increases the Risk of Heart Disease

A recent study headed by lead researcher Mahshid Dehghan of the Population Health Research Institute at McMaster University in Hamilton Ontario, produced some dramatic headlines this week.

High consumption of white bread has serious health repercussions.

Her research on data collected over a period of more than nine years from more than 137,000 people in 21 countries, and aged 35 to 70, showed that people who reported eating at least seven slices of white bread a day were found to have 27% higher risk of early death and a 33% higher risk of heart disease than those who limited their intake to less than one slice a day.



Dr Dehghan said, "a diet heavy in refined grains such as white bread, cakes and muffins, may increase your risk of heart disease and early death, while whole grains may lower it."

The researchers noted that grains like oats, rice, barley and wheat make up about 50% of diets around the world and as much as 70% in low- and middle-income countries, particularly in Africa and South Asia.

"We encourage people to have moderate consumption of carbohydrates and to have different types of grain, especially whole grain". The research also showed that a diet heavy in refined grains was linked to higher blood pressure.

"Reduction in quantity and improving the quality of carbohydrates is the message of our study" Dr Dehghan said.

Whole grains contain fiber, vitamins, minerals and protective phytochemicals that are important for health. In contrast, refined grains contain no fiber and the nutrients have been removed.

The Sausage sizzle

RCNB BBQ and Bunnings BBQs serve sausages in white and brown bread (coloured white bread) because the white bread easily wraps around the sausage. Whole-grain bread, on the other hand breaks when folded. The reason is, white bread has more gluten than whole-grain bread. The answer is for bakers to add a small percentage of gluten to whole-grain bread especially for sausage sizzles.

Geoff