

# Sandwiches – Bread choices

## Wholemeal



Good choice



## Multigrain



Good choice



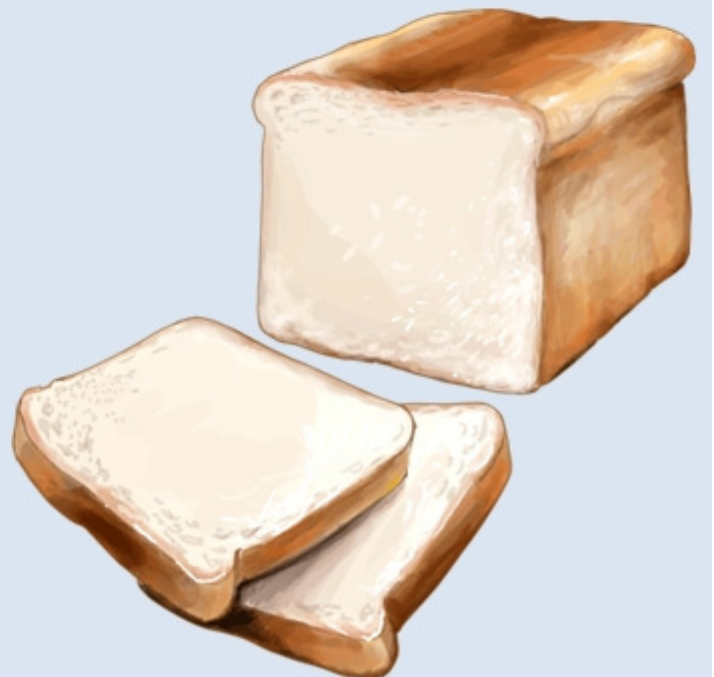
## Dense brown



Good choice



## White





# Sandwiches – Bread choices

## Wholemeal



## Multigrain



## Dense brown



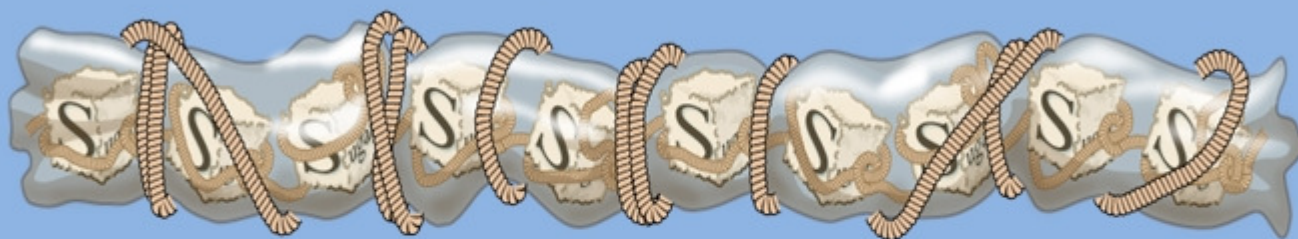
## White



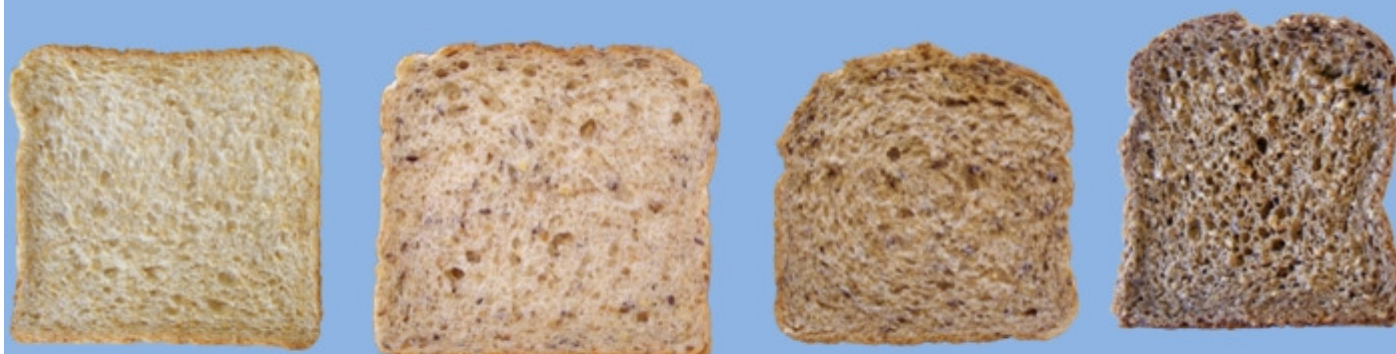


# Sandwiches – Bread choices – Why whole meal is best

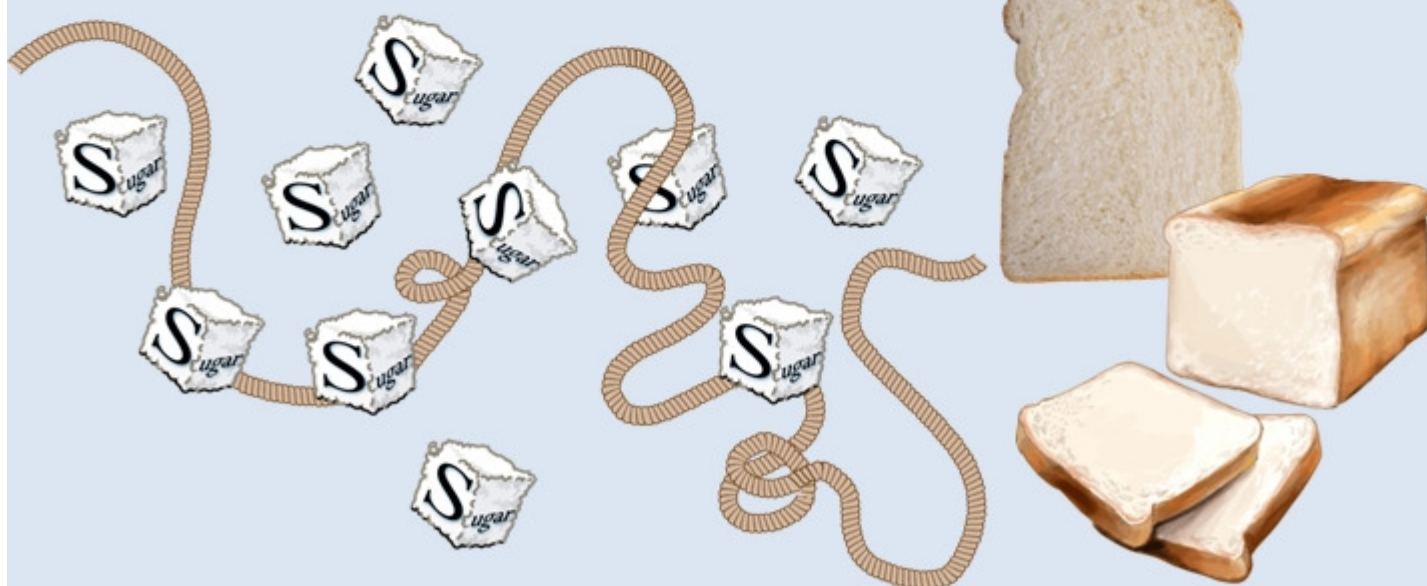
## Wholemeal, multigrain & dense brown



These breads are better for you. The sugar in the starch is wrapped up so that it is absorbed slowly into your body.



## White



White bread is not so good. The sugar in the starch is loosely wrapped so it gets into your blood very quickly

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Making healthy choices.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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