



Global Bread Survey 2018 - White Bread, Wholemeal Bread, Flat Bread, Mixed Grain Bread

Notes:

Data per 100g and per portion was collected online and in store between July and December 2017. See WASH website for further information.

Portion size as stated on pack

Data sorted from highest to lowest for salt per 100g

Colour coding according to DH Front of Pack Guidance: Green ≤0.3/100g, Amber >0.3 - ≤1.5g, Red >1.5g /100g, >1.8g/portion for salt

NA = Data not available GF = Gluten Free

Country	Product Name	Brand/Manufacturer	Bread Type	Portion Size (g)	Salt / 100g (g)	Sodium/100g (mg)	Salt/portion (g)	Sodium/portion (mg)
Argentina	Jumbo artesanal pan de molde multicereal con chia	Jumbo	Mixed Grain Bread	50.0	NA	NA	NA	NA
Argentina	Pan multicereal sin sal agregada	Natural bread	Mixed Grain Bread	50.0	NA	NA	NA	NA
Belgium	pain multigrains	Beck	Mixed Grain Bread	NA	NA	NA	NA	NA
Belgium	pain multi-céréales	Damhert	Mixed Grain Bread	NA	NA	NA	NA	NA
Belgium	Meerzaden brood	Genius (Albert Heijn)	Mixed Grain Bread	29.0	NA	NA	NA	NA
Belgium	pain blanc pur froment	Beck	White Bread	NA	NA	NA	NA	NA
Belgium	pain blanc GLUTEN FREE	Damhert	White Bread, GF	NA	NA	NA	NA	NA
Belgium	pain gris pur froment	Beck	Wholemeal Bread	NA	NA	NA	NA	NA
Belgium	pain tournesol	Kelderman	Wholemeal Bread	NA	NA	NA	NA	NA
Bulgaria	Bread type "Tipov" for toast	SaviMeks	Wholemeal Bread	34.0	NA	NA	NA	NA
Bulgaria	Bread whole grain for toast	SaviMeks	Wholemeal Bread	34.0	NA	NA	NA	NA
Canada	Ancient Grain Bread - Loaf	Loblaws	Mixed Grain Bread	NA	NA	NA	NA	NA
Canada	Bocata Ronda - 10 Pack	Boulangerie ACE Bakery	White Bread	NA	NA	NA	NA	NA
Canada	Ciabatta Pezzetti Duo - 12 Pack	Boulangerie ACE Bakery	White Bread	NA	NA	NA	NA	NA
Canada	Dinner Rolls	Loblaws	White Bread	NA	NA	NA	NA	NA
Canada	Large Kaiser Rolls	Loblaws	White Bread	NA	NA	NA	NA	NA
Canada	Pane Rustico	Boulangerie ACE Bakery	White Bread	NA	NA	NA	NA	NA
Canada	Rolls Calabrese	Loblaws	White Bread	NA	NA	NA	NA	NA
Canada	Sobeys - Buns Gourmet Cheese 6pk	Sobeys	White Bread	NA	NA	NA	NA	NA
Canada	Sobeys- Calabrese Rolls Pkg6	Sobeys	White Bread	NA	NA	NA	NA	NA
Canada	Sobeys- Pretzel Hot Dog Sliced Buns	Sobeys	White Bread	NA	NA	NA	NA	NA
Canada	Sourdough Bread	Loblaws	White Bread	NA	NA	NA	NA	NA
Canada	Sourdough Bread - Loaf	Loblaws	White Bread	NA	NA	NA	NA	NA
Canada	Villaggio - Toscana Extra Soft Sausage Buns	Villaggio	White Bread	NA	NA	NA	NA	NA
Canada	Villaggio- Artesano Style White Bread	Villaggio	White Bread	NA	NA	NA	NA	NA
Canada	Compliments- 100% Whole Wheat Bread	Compliments	Wholemeal bread	NA	NA	NA	NA	NA
Canada	Compliments-100% Whole Grain White Wheat Tortillas, 10pk	Compliments	Wholemeal Bread	NA	NA	NA	NA	NA
Canada	Sub Rolls - 60% Whole Wheat	Loblaws	Wholemeal Bread	58.0	NA	NA	NA	NA
Costa Rica	Pan Cinco Granos	Ruiseñor	Mixed Grain Bread	NA	NA	NA	NA	NA
Costa Rica	Pan bonete tipo casero	Panadería La Criolla	White Bread	NA	NA	NA	NA	NA
Costa Rica	Pan cuadrado blanco	Ruiseñor	White Bread	NA	NA	NA	NA	NA
Costa Rica	Pan de Tomate Gluten Free	PAPU	White Bread, GF	NA	NA	NA	NA	NA
Costa Rica	Pan sin gluten para hamburguesas	Schär	White Bread, GF	100.0	NA	NA	NA	NA
Costa Rica	Pan de Granola	Ener-Y	Wholemeal Bread	50.0	NA	NA	NA	NA
Costa Rica	Pan de Linaza	Linazapann	Wholemeal Bread	50.0	NA	NA	NA	NA
Hong Kong	Life Bread (contains vitamins and folate)	Wellcome / Garden	White Bread	30.0	NA	NA	0.39	154.0
Hong Kong	Premium Sandwich Wheat Bread	Maxim (Saiwan)	Wholemeal Bread	NA	NA	NA	NA	NA
India	Premium White Sliced Bread	boon	White Bread	NA	NA	NA	NA	NA
India	Sandwich White Bread	Britannia	White Bread	NA	NA	NA	NA	NA
India	Premium Sandwich Bread	English Oven	White Bread	NA	NA	NA	NA	NA
India	White Sandwich Bread	Perfect	White Bread	NA	NA	NA	NA	NA
India	ATTA Wholewheat Bread	bonn	Wholemeal Bread	NA	NA	NA	NA	NA
India	ATTA Bread	Britannia	Wholemeal Bread	NA	NA	NA	NA	NA
India	ATTA Bread	English Oven	Wholemeal Bread	NA	NA	NA	NA	NA
India	100% ATTA Bread	Perfect	Wholemeal Bread	NA	NA	NA	NA	NA

Japan	CHOUJUKU	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	CHOUJUKU (maked from domestic flour)	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	CHOUJUKU (round top type)	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	CHOUJUKU blessed with wheat (3 slices)	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	CHOUJUKU Rolls	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	Family Morning (5 slices)	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	Honjikomi Bread (4 slices)	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	Honjikomi Butter-enriched Rolls	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	Honjikomi Luxury Bread	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	Honjikomi Thinly-sliced Bread	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	Neo Bread Rolls with brown sugar	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	Neo Butter-enriched Rolls	FUJIPAN	White Bread	NA	NA	NA	NA	NA
Japan	TOKACHI-Butter Rolls	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	Walnut Bread	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	White Bread maked from wheat and rice flour	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	White Table Rolls	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	YUMECHIKARA Bread maked from wheat and rice flour	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	YUMECHIKARA Salt Butter-enriched Bread	Pasco	White Bread	NA	NA	NA	NA	NA
Japan	Whole wheat long roll	TOPVALU	Wholemeal Bread	100.0	NA	NA	NA	NA
Japan	Whole wheat roll	TOPVALU	Wholemeal Bread	100.0	NA	NA	NA	NA
Japan	YUMECHIKARA whole wheat Bread	Pasco	Wholemeal Bread	NA	NA	NA	NA	NA
Malaysia	Chilli & Contander Naan	Kawan	Flat Bread	75.0	NA	NA	NA	NA
Malaysia	Fatihah roti boom	Fatihah	Flat Bread	60.0	NA	NA	NA	NA
Malaysia	Fatihah royale paratha original	Fatihah	Flat Bread	70.0	NA	NA	NA	NA
Malaysia	Fuji bakery traditional hailam bread (roti patta)	Fuji Bakery	Flat Bread	100.0	NA	NA	NA	NA
Malaysia	Naan Tandoori	Kawan	Flat Bread	85.0	NA	NA	NA	NA
Malaysia	Paratha Plain	Aman	Flat Bread	65.0	NA	NA	NA	NA
Malaysia	Paratha Regular	Giant	Flat Bread	82.0	NA	NA	NA	NA
Malaysia	Pita Wholemeal	Mission	Flat Bread	80.0	NA	NA	NA	NA
Malaysia	Pita Wholemeal	Nature's Bake	Flat Bread	62.0	NA	NA	NA	NA
Malaysia	Roti Boom	Kart Food	Flat Bread	100.0	NA	NA	NA	NA
Malaysia	Roti Paratha Onion	Kart's	Flat Bread	100.0	NA	NA	NA	NA
Malaysia	Roti Paratha With Fish Curry	Kart's	Flat Bread	100.0	NA	NA	NA	NA
Malaysia	Wholemeal Pita Bread	Giant	Flat Bread	80.0	NA	NA	NA	NA
Malaysia	Burger Roll	Nature's Bake	White Bread	100.0	NA	NA	NA	NA
Malaysia	Butter Bun	Fuji Bakery	White Bread	100.0	NA	NA	NA	NA
Malaysia	Butter Bun	Mom's Delight	White Bread	100.0	NA	NA	NA	NA
Malaysia	Frankfurter Roll	Nature's Bake	White Bread	100.0	NA	NA	NA	NA
Malaysia	Fuji bakery burger bun 10 pcs	Fuji Bakery	White Bread	100.0	NA	NA	NA	NA
Malaysia	Fuji bakery plain baby bun	Fuji Bakery	White Bread	100.0	NA	NA	NA	NA
Malaysia	Fuji bakery plain bun	Fuji Bakery	White Bread	100.0	NA	NA	NA	NA
Malaysia	Roti Burger	Daily Fresh	White Bread	50.0	NA	NA	NA	NA
Malaysia	Sandwich Bread	Daily Fresh	White Bread	43.0	NA	NA	NA	NA
Malaysia	Vanilla Kosong	Daily's	White Bread	NA	NA	NA	NA	NA
Malaysia	Wholemeal Sandwic Loaf	Fuji Bakery	Wholemeal Bread	53.0	NA	NA	NA	NA
Morocco	Pain libanais familial	ASYLOR	Flat Bread	NA	NA	NA	NA	NA
Morocco	Pain libanais	CKITEK	Flat Bread	NA	NA	NA	NA	NA
Morocco	Pain libanais	PANLOR	Flat Bread	NA	NA	NA	NA	NA
Morocco	Pain libanais	RAGHIF	Flat Bread	NA	NA	NA	NA	NA
Morocco	Burgers géants Buns	ASSYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Humberger sesame	ASWAK ASSALAM	White Bread	NA	NA	NA	NA	NA
Morocco	Panini	ASWAK ASSALAM	White Bread	NA	NA	NA	NA	NA
Morocco	Grand panini	ASYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Maxi Burger/géant Burger Buns	JACQUET	White Bread	NA	NA	NA	NA	NA
Morocco	Pain Hot Dog	MOULIN D'OR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain humbergur géant	MOULIN D'OR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain panini	MOULIN D'OR	White Bread	NA	NA	NA	NA	NA

Morocco	Burgur 100% nature	PANILOR	White Bread	NA	NA	NA	NA	NA
Morocco	Panini	PANILOR	White Bread	NA	NA	NA	NA	NA
Morocco	Supreme	ASSYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie Blanc	ASWAK ASSALAM	White Bread	NA	NA	NA	NA	NA
Morocco	Maxi	ASYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain sandwich	ASYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain sandwich normal	ASYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain sandwich sans conservateur	ASYLOR	White Bread	NA	NA	NA	NA	NA
Morocco	Maxi Jac White	JACQUET	White Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie nature	MOULIN D'OR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain au lait 100 % nature	PANILOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie nature	PANILOR	White Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie complet	ASWAK ASSALAM	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain rond complet	ASWAK ASSALAM	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain sandwich complet	ASWAK ASSALAM	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie	ASYLOR	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie Blanc complet	CKITEK	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie complet	CKITEK	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie complet	MOULIN D'OR	Wholemeal Bread	NA	NA	NA	NA	NA
Morocco	Pain de mie complet	PANILOR	Wholemeal Bread	NA	NA	NA	NA	NA
Nigeria	IBUKUN OLUWA Buttered Bread	IBUKUN OLUWA Buttered Bread	White Bread	NA	NA	NA	0.10	40.4
Nigeria	Bread	Myjoy	White Bread	NA	NA	NA	0.36	145.0
Nigeria	Bread	Eaman Bread	White Bread	NA	NA	NA	0.69	275.7
Nigeria	Bread	LAGO Super Loaf	White Bread	NA	NA	NA	NA	NA
Nigeria	Northwest Premium Loaf	Northwest Premium Loaf	White Bread	NA	NA	NA	NA	NA
Nigeria	AmmaM Special Bread	AmmaM Special Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	Good Luck Special Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	Nagari Special Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	JUST DOUGH	White Bread	NA	NA	NA	NA	NA
Nigeria	MINI LOAF	METRO BAKERY	White Bread	NA	NA	NA	NA	NA
Nigeria	YALE OVEN FRESH BREAD	YALE	White Bread	NA	NA	NA	NA	NA
Nigeria	DIQSA Buttered Bread	DIQSA Buttered Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	SUNSHINE LOAF	Tantalizers Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Ganima Special Bread	Ganima Special Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Sunrise Bread	SUNRISE BAKERY	White Bread	NA	NA	NA	NA	NA
Nigeria	FORTUNATE BREAD	FORTUNATE BAKERY	White Bread	NA	NA	NA	NA	NA
Nigeria	Krusty Kreme Premium Loaf	BUTCHERS BAKERS	White Bread	NA	NA	NA	NA	NA
Nigeria	Salam Bread	SALAM BAKERY	White Bread	NA	NA	NA	NA	NA
Nigeria	JAMANA Special Bread	KARAMA BAKERIES	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	GRAND LOAF	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	212 Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	Bread	NAMMY'S Bread	White Bread	NA	NA	NA	NA	NA
Nigeria	BROOKES BREAD	OLIVE BROOKES VENTURES	White Bread	NA	NA	NA	NA	NA
Nigeria	Watson's Bread	Watson's Bakery	White Bread	NA	NA	NA	NA	NA
Nigeria	Harmony Bread	Harmony Confectionery	White Bread	NA	NA	NA	NA	NA
Nigeria	Sunfresh	FoodCo	White Bread	NA	NA	NA	NA	NA
Nigeria	Butterfield Bread	Butterfield Bread	White Bread	NA	NA	NA	NA	NA
Qatar	Brown Bread	Qbake	Wholemeal Bread	28.0	NA	NA	0.21	84.0
Qatar	Arabic Bread	Omar Khayam	Flat Bread	NA	NA	NA	NA	NA
Qatar	Pita Bread Multigrain	Qbake	Flat Bread	65.0	NA	NA	NA	NA
Qatar	Milk Bread	Al-Meera	White Bread	NA	NA	NA	NA	NA
Republic of Macedonia	Dietalen leb	Zito Polog	White Bread	NA	NA	NA	NA	NA
Republic of Macedonia	R'zen Hrono leb	Biovital	Wholemeal Bread	NA	NA	NA	NA	NA
Bulgaria	Pautaliya	Stratos	White Bread	NA	1.6	640.0	NA	NA
Hungary	Amerikai típusú szeletelt szendvicssenyer	Traditional	White Bread	NA	1.38	552.0	NA	NA
Bulgaria	Toast	ELIAZ	White Bread	NA	1.34	536.0	NA	NA
Bulgaria	Roll toast	ELIAZ	Wholemeal Bread	NA	1.25	500.0	NA	NA

Bulgaria	Roll toast	ELIAZ	White Bread	NA	1.24	496.0	NA	NA
Bulgaria	Graham	Simid A&D	Wholemeal Bread	30.0	1.2	480.0	0.36	144.0
Bulgaria	Dobrudzha	ELIAZ	White Bread	NA	1.2	480.0	NA	NA
Bulgaria	Dobrudzha	MIO	White Bread	NA	1.2	480.0	NA	NA
Bulgaria	Whole grain Bread	Simid- Sofia	Wholemeal Bread	NA	1.2	480.0	NA	NA
Bulgaria	Tipov Slice 650	ZARYA 2000	Wholemeal Bread	NA	1.2	480.0	NA	NA
Bulgaria	Dobrudzha	Simid- Sofia	White Bread	NA	1.15	460.0	NA	NA
Bulgaria	Whole grain Bread	ZARYA 2000	Wholemeal Bread	NA	1.15	460.0	NA	NA
Bulgaria	Tipov Sliced 700	ZARYA 2000	Wholemeal Bread	NA	1.07	428.0	NA	NA
Bulgaria	Dobrudzha	ZARYA 2000	White Bread	NA	1.0	400.0	NA	NA
Bulgaria	Wholegrain Bread	MIO	Wholemeal Bread	NA	1.0	400.0	NA	NA
Bulgaria	White Bread	Milena MK	White Bread	30.0	0.9	360.0	0.27	108.0
Canada	Focaccia - Rosemary	ACE Bakery	White Bread	50.0	2.65	1060.0	1.33	530.0
Argentina	Pan lacteado	De la panaderia	White Bread	50.0	2.58	1030.0	1.29	515.0
Bulgaria	Bread type "Tipov" with Many Seeds	Milena MK	Wholemeal Bread	30.0	2.50	1000.0	0.75	300.0
Republic of Macedonia	Mesan so r'z	Kamko	Wholemeal Bread	NA	2.50	1000.0	NA	NA
Costa Rica	Pan Integral	Tulipan	Wholemeal Bread	30.8	2.34	936.0	0.72	288.0
Australia	Mission Chapattis Garlic	Mission	Flat Bread	46.0	2.33	932.0	1.07	428.7
Canada	Bread - Crusty Rolls	Sobeys	White Bread	60.0	2.22	886.7	1.33	532.0
Canada	Flaky Dinner Rolls	Pillsbury	White Bread	68.0	2.21	882.4	1.50	600.0
Costa Rica	Bollito de pan integral	Ruiseñor	Wholemeal Bread	22.0	2.17	868.6	0.48	191.1
Canada	Mini Naan Original	Irresistibles	Flat Bread	45.0	2.17	866.7	0.98	390.0
Canada	Dutch Crunch Bread	Sobeys	White Bread	50.0	2.12	846.0	1.06	423.0
China	sea salt bread	GEOMAN	White Bread	NA	2.10	840.0	NA	NA
Hungary	Prior szelet	Papa Hamm	Wholemeal Bread	100.0	2.10	840.0	2.10	840.0
Hungary	Teljes kiórlésű szeletelt rozskenyér	Kanizsa Pékség	Wholemeal Bread	NA	2.10	840.0	NA	NA
Canada	Artisan Flatbread - 5 Grains And Flax	Flatout Foldit	Flat Bread	43.0	2.09	837.2	0.90	360.0
Canada	Bread - Panini Buns	Sobeys	White Bread	54.0	2.01	805.6	1.09	435.0
Oman	Sliced	Muscat Bakery	Wholemeal Bread	18.7	2.00	801.5	0.37	149.6
Bulgaria	Graham	MIO	Wholemeal Bread	30.0	2.00	800.0	NA	NA
Morocco	HOT DOG	JACQUET	White Bread	NA	2.00	800.0	NA	NA
New Zealand	Plain Roti	Bazaar	Flat Bread	47.0	2.00	800.0	0.94	376.0
Argentina	Lactal salvado chico	Lactal	Wholemeal Bread	50.0	1.99	796.0	1.00	398.0
Republic of Macedonia	Italiano bread	Vero	White Bread	NA	1.98	792.0	NA	NA
Canada	Roasted Garlic Naan	Compliments Sensations	Flat Bread	85.0	1.94	776.5	1.65	660.0
Serbia	Bakies bread	EVROPA	White Bread	NA	1.91	764.8	NA	NA
Belgium	pain de campagne blanc	Carrefour	White Bread	30.0	1.90	760.0	0.57	228.0
Belgium	pain de campagne gris	Carrefour	Wholemeal Bread	30.0	1.90	760.0	0.57	228.0
Greece	SIKALHS	KRIS KRIS	Wholemeal Bread	29.2	1.90	760.0	0.55	221.9
Republic of Macedonia	Tonus- mesan r'zen	Zito centar	Wholemeal Bread	NA	1.90	760.0	NA	NA
Canada	Caramelized Onion Naan	Compliments	Flat Bread	85.0	1.88	752.9	1.60	640.0
Canada	Flatbread - Naan Dippers, Traditional	President's Choice	Flat Bread	48.0	1.88	750.0	0.90	360.0
Canada	Naan - Original	Irresistibles	Flat Bread	60.0	1.83	733.3	1.10	440.0
Spain	Barra grande extra	Carrefour	White Bread	NA	1.83	732.0	NA	NA
Spain	Barra picos	MERCADONA	White Bread	NA	1.83	732.0	NA	NA
New Zealand	Fresh Indian Plain Roti	Lazeez Products	Flat Bread	40.0	1.83	730.0	0.73	292.0
Canada	Hearty Grains Bread	Weston Oven's Best	Mixed Grain Bread	36.0	1.81	722.2	0.65	260.0
Denmark	Gluten Free Landbrot	Schär	White Bread, GF	48.0	1.80	720.0	0.86	345.6
Hungary	Teljes kiórlésű többmagvas kenyér	Royal	Wholemeal Bread	17.0	1.80	720.0	0.31	122.4
Hungary	Szendvics kenyér	Auchan	White Bread	NA	1.80	720.0	NA	NA
Spain	Pan sottile - con aceite de oliva virgen extra	DULCESOL	White Bread	39	1.80	720.0	0.70	280.8
Canada	Buns/Flatbreads - Naan Rounds, Traditional	President's Choice	Flat Bread	60.0	1.79	716.7	1.08	430.0
Canada	Italian Bread	Sobeys	White Bread	50.0	1.77	708.0	0.89	354.0
New Zealand	Garlic & Herb Naan	Rempah	Flat Bread	150.0	1.77	706.0	2.65	1059.0
New Zealand	Plain Naan Tandoori Flat Bread	Rempah	Flat Bread	150.0	1.77	706.0	2.65	1059.0
New Zealand	Fresh Garlic Tandoori Naan	Silk Road	Flat Bread	150.0	1.77	706.0	2.66	1059.0
Canada	Farmers Bread	Sobeys	Mixed Grain Bread	38.0	1.76	705.3	0.67	268.0

Canada	5 Naan Traditional Bread - Garlic	Santosh Tandoor Baked	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	5 Naan Traditional Bread - Plain	Santosh Tandoor Baked	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	Bread - Tandoor Baked Naan, Garlic	Reya	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	Bread - Tandoor Baked Naan, Plain	Reya	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	Tandoor Blend Naan, Whole Wheat	Reya	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	Traditional Naan, 100% Whole Wheat	Santosh Tandoor Baked	Flat Bread	50.0	1.75	700.0	0.88	350.0
Canada	Naan Rounds, Whole Wheat	Sensations By Compliments	Flat Bread	60.0	1.75	700.0	1.05	420.0
Canada	Original Naan Rounds	Compliments Sensations	Flat Bread	60.0	1.75	700.0	1.05	420.0
Republic of Macedonia	R'zan	Vero	Wholemeal Bread	NA	1.75	700.0	NA	NA
Canada	White Bread	Sobeys	White Bread	50.0	1.75	698.0	0.87	349.0
Canada	Soft Dinner Rolls	Metro	White Bread	33.0	1.74	697.0	0.58	230.0
Canada	Indian Style At Home Naan	Sensations By Compliments	Flat Bread	85.0	1.74	694.1	1.48	590.0
New Zealand	Plain Roti	Punjas	Flat Bread	50.0	1.73	690.0	0.86	345.0
Canada	Mini Pitas, Whole Grain Wheat	Ozery Bakery	Flat Bread	45.0	1.72	688.9	0.78	310.0
Costa Rica	Thins Multigrano Pan Sandwich Multigrano	Bimbo	Mixed Grain Bread	42.5	1.72	687.1	0.73	292.0
Canada	Submarine Rolls	Metro	White Bread	50.0	1.70	680.0	0.85	340.0
Denmark	Ciabatta Flutes	Irmis	White Bread	NA	1.70	680.0	NA	NA
Hungary	Sajtos stangli	Papa Hamm	White Bread	80.0	1.70	680.0	1.36	544.0
Spain	Mini chapata	MERCADONA	White Bread	NA	1.70	680.0	NA	NA
Spain	Molletes	HORNO LA GAÑANÍA	White Bread	100	1.70	680.0	1.70	680.0
Spain	Panecillas de Viena	HORNO LA GAÑANÍA	White Bread	50	1.70	680.0	0.85	340.0
Spain	Cereales y semillas	Pan Rico	Mixed Grain Bread	NA	1.70	680.0	NA	NA
Canada	Pitas, Whole Grain Wheat	Ozery Bakery	Flat Bread	56.0	1.70	678.6	0.95	380.0
Canada	75% Whole Wheat Dinner Rolls	Sobeys	Wholemeal Bread	38.0	1.69	676.3	0.64	257.0
Canada	Artisan Flatbreads - Rosemary & Olive Oil	Foldit	Flat Bread	43.0	1.69	674.4	0.73	290.0
Hong Kong	Sandwich Bread Crustless	Yamazaki Bakery	White Bread	NA	1.68	670.0	NA	NA
Kuwait	Hot Dog Roll Bread x6	Kuwait Flour Mills & Bakeries CO	White Bread	40	1.68	670.0	0.67	268.0
Canada	Naan - Garlic	President's Choice	Flat Bread	63.0	1.67	666.7	1.05	420.0
Canada	Garlic Naan	Suraj	Flat Bread	50.0	1.65	660.0	0.83	330.0
Canada	Sunflower Grain Bread	Metro	Wholemeal Bread	50.0	1.65	660.0	0.83	330.0
Spain	Barra harina integral 70%	ALCAMPO	Wholemeal Bread	NA	1.65	660.0	NA	NA
USA	ROUND TOP WHITE ENRICHED BREAD	GRISSOM'S MILL	White Bread	41.0	1.65	658.5	0.68	270.0
Serbia	white bread	SKROZ DOBRA PEKARA	White Bread	NA	1.65	503.6	NA	NA
Canada	Pretzel Sausage Rolls	Metro	White Bread	114.0	1.64	657.9	1.88	750.0
Australia	Bowen Island Artisan Breads Sonoma Wholemeal Sourdough	Bowen Island Artisan Breads	Wholemeal Bread	45.0	1.63	653.0	0.73	293.9
Serbia	Danube toast bread	MAXI	White Bread	26.6	1.63	652.0	0.43	173.4
Serbia	buckwheat bread	KROSTi	Mixed Grain Bread	NA	1.63	633.6	NA	NA
Australia	Schwob's White Sourdough	Schwob's Swiss Bakery	White Bread	70.0	1.63	650.0	1.14	455.0
Canada	Naan Rounds, Whole Wheat	President's Choice	Flat Bread	60.0	1.63	650.0	0.98	390.0
Kuwait	Hamburger Buns (Sesame Seeds) x8	Kuwait Flour Mills & Bakeries CO	White Bread	NA	1.63	650.0	NA	NA
New Zealand	Turkish Bread Rock Salt & Rosemary Dipping Bread	Handmade	Flat Bread	60.0	1.63	650.0	0.98	390.0
Costa Rica	Pan Thins Integral Pan para Sándwich Integral	Bimbo	Wholemeal Bread	42.5	1.61	642.4	0.68	273.0
Serbia	Greek bread	EVROPA	White Bread	NA	1.60	640.4	NA	NA
Belgium	Délipain multicéréales	Aldi	Mixed Grain Bread	NA	1.60	640.0	NA	NA
Canada	Flatbread - Naan, Original	Suraj	Flat Bread	50.0	1.60	640.0	0.80	320.0
Denmark	Burger med durum	Hatting	White Bread	NA	1.60	640.0	NA	NA
Hungary	Pan Sottile csomagolt szeletelt kenyér gabonával és magvakkal	Dulcesol	White Bread	39.0	1.60	640.0	0.62	249.6
Hungary	Pan Sottile csomagolt szeletelt teljes kiőrlésű kenyér	Dulcesol	Wholemeal Bread	39.0	1.60	640.0	0.62	249.6
Hungary	Szezámagos hamburger zsemle	Auchan	White Bread	50.0	1.60	640.0	0.80	320.0
Republic of Macedonia	Pcnicen Ieb-Graham	Kamko	Wholemeal Bread	NA	1.60	640.0	NA	NA
Spain	Natural 100%	Bimbo	White Bread	28	1.60	640.0	0.45	179.2
Spain	Pan de molde 100% Natural	Bimbo	White Bread	28	1.60	640.0	0.45	179.2
Spain	Pan Sottile - cereales y semillas	DULCESOL	Mixed Grain Bread	39	1.60	640.0	0.62	249.6
Spain	Pan sottile - integral	DULCESOL	Wholemeal Bread	39	1.60	640.0	0.62	249.6
Spain	Pan payés con semillas	GERBLÉ	White Bread, GF	NA	1.60	640.0	NA	NA
Serbia	Flat bread (somun) with olives	MERKATOR	Flat Bread	NA	1.60	638.8	NA	NA
Qatar	Brown Lebanese Bread - Small	Hot bread bakery	Wholemeal Bread	NA	1.59	636.0	NA	NA

Canada	Flatbread - Naan, Traditional	President's Choice	Flat Bread	63.0	1.59	634.9	1.00	400.0
Serbia	Buckwheat bread	Maxi	Mixed Grain Bread	NA	1.58	593.6	NA	NA
Argentina	Pan para hamburguesas	Carla	White Bread	50.0	1.58	632.0	0.79	316.0
Canada	White Dinner Rolls	Sobeys	White Bread	38.0	1.58	631.6	0.60	240.0
Oman	Sliced	Lulu Hypermarket	Wholemeal Bread	20.9	1.58	630.3	0.33	131.6
Argentina	Pan con salvado	Great Value	Wholemeal Bread	50.0	1.58	630.0	0.79	315.0
Kuwait	Arabic White Bread Normal	Kuwait Flour Mills & Bakeries CO	Flat Bread	75	1.58	630.0	1.18	472.5
Kuwait	Hamburger Buns (Plain) x4	Kuwait Flour Mills & Bakeries CO	White Bread	NA	1.58	630.0	NA	NA
New Zealand	Olive Filled Pita Bread	Danny's	Flat Bread	78.0	1.58	630.0	1.23	491.4
Japan	Neo butter roll	FUJIPAN	White Bread	30.0	1.57	629.9	0.47	189.0
Costa Rica	Del Bollo Kaiser Pan Blanco para Hamburguesa con ajonjolí	Bimbo	White Bread	56.3	1.57	629.3	0.89	354.0
Serbia	White bread	EVROPA	White Bread	NA	1.56	658.0	NA	NA
Canada	Flatbread - Mini Naan, Garlic	President's Choice	Flat Bread	45.0	1.56	622.2	0.70	280.0
Australia	Schwob's Swiss Bakery Multigrain	Schwob's Swiss Bakery	Mixed Grain Bread	70.0	1.55	620.0	1.09	434.0
Canada	Calabrese Bread (Poly Bag)	Sobeys	Mixed Grain Bread	45.0	1.55	620.0	0.70	279.0
Canada	Goodhearth Grain Bread	Metro	Mixed Grain Bread	50.0	1.55	620.0	0.78	310.0
Kuwait	Brown Hot Dog Rolls Bread x6	Kuwait Flour Mills & Bakeries CO	Wholemeal Bread	40	1.55	620.0	0.62	248.0
Kuwait	Multi Grain Toast Bread	Kuwait Flour Mills & Bakeries CO	Mixed Grain Bread	25	1.55	620.0	0.39	155.0
Serbia	KING Bread	MAXI	Mixed Grain Bread	NA	1.54	616.4	NA	NA
Serbia	buckwheat and rey bread	SKROZ DOBRA PEKARA	Mixed Grain Bread	35.9	1.54	614.4	0.55	220.8
Qatar	Bakemart. Bread	Bake Mart	White Bread	NA	1.53	612.0	NA	NA
Spain	Pistola	HIPERCOR	White Bread	NA	1.53	612.0	NA	NA
Costa Rica	Bollito Europeo Pan para sandwich adicionado con vitaminas y minerales	Bimbo	White Bread	75.0	1.53	610.7	1.15	458.0
Argentina	Lacteado	Noly	White Bread	50.0	1.53	610.0	0.76	305.0
Argentina	Noly lacteado	Noly	White Bread	50.0	1.53	610.0	0.76	305.0
Kuwait	Normal Toast Bread	Kuwait Flour Mills & Bakeries CO	White Bread	27.7	1.53	610.0	0.42	169.0
Kuwait	White Toast Bread (Square)	Kuwait Flour Mills & Bakeries CO	White Bread	25	1.53	610.0	0.38	152.5
Spain	Chapata	Lidl	White Bread	NA	1.53	610.0	NA	NA
Australia	Bakers Life Artisan Style Sourdough White	Aldi	White Bread	62.0	1.52	609.0	0.94	377.6
Republic of Macedonia	Classic	Elite	White Bread	33.0	1.52	606.1	0.50	200.0
Oman	Samoon	Carefour	White Bread	47.8	1.52	607.7	0.73	290.8
Serbia	white bread	KROSTI	White Bread	NA	1.52	561.2	NA	NA
Serbia	VITA bread with seeds	EVROPA	Mixed Grain Bread	NA	1.51	605.2	NA	NA
Qatar	White Bread	Hot bread bakery	White Bread	NA	1.51	604.0	NA	NA
Costa Rica	Pan blanco para preparar Hot Dogs sin ajonjolí	Bimbo	White Bread	40.6	1.51	603.0	0.61	245.0
Canada	Flatbread - Mini Naan, Traditional	President's Choice	Flat Bread	45.0	1.50	600.0	0.68	270.0
Canada	Bread - White Parisien	ACE Bakery	White Bread	50.0	1.50	600.0	0.75	300.0
Denmark	Anton's grød boller	Kohberg	White Bread	75.0	1.50	600.0	1.13	450.0
Denmark	XL Hotdog	Hatting	White Bread	NA	1.50	600.0	NA	NA
Denmark	Surdejsbrød	Irmas van HAUEN	White Bread	NA	1.50	600.0	NA	NA
Hungary	Hot-dog rúd	Auchan	White Bread	55.0	1.50	600.0	0.83	330.0
Hungary	Egyenes kifli	Papa Hamm	White Bread	70.0	1.50	600.0	1.05	420.0
Italy	Pane casereccio	Schär	White Bread, GF	48.0	1.50	600.0	0.72	288.0
Kuwait	White Toast Bread	Kuwait Flour Mills & Bakeries CO	White Bread	27.7	1.50	600.0	0.42	166.2
Kuwait	Whole Wheat Toast Bread	Kuwait Flour Mills & Bakeries CO	Wholemeal Bread	27.7	1.50	600.0	0.42	166.2
Qatar	Petits Pains	Carrs Foods Baker Street	White Bread	75.0	1.50	600.0	1.10	450.0
Republic of Macedonia	Bel Tost leb	Melnica Dime	White Bread	NA	1.50	600.0	NA	NA
Republic of Macedonia	Integralen Tost leb	Melnica Dime	Wholemeal Bread	NA	1.50	600.0	NA	NA
Republic of Macedonia	Tonus-Classical	Zito Centar	Wholemeal Bread	NA	1.50	600.0	NA	NA
Spain	Chapata	UVEPAN	White Bread	NA	1.50	600.0	NA	NA
Spain	Pan de molde rústico	Auchan	White Bread	33	1.50	600.0	0.50	198.0
Spain	Grande	Día	White Bread	27	1.50	600.0	0.41	162.0
Spain	Rústico	Día	White Bread	33	1.50	600.0	0.50	198.0
Spain	Pan de molde blanco sin gluten	Hacendado	White Bread, GF	28	1.50	600.0	0.42	168.0
Spain	Pan de molde integral con cereales y semillas	Auchan	Mixed Grain Bread	22	1.50	600.0	0.33	132.0
USA	OLD TYME, 100% WHOLE GRAIN BREAD	SCHMIDT	Wholemeal Bread	25.0	1.50	600.0	0.38	150.0
Argentina	Pan pebete de salvado	Jumbo	Wholemeal Bread	50.0	1.50	598.0	0.75	299.0

Serbia	buckwheat bread	KAO NEKAD	Mixed Grain Bread	NA	1.49	651.2	NA	NA
Oman	Buns	Carefour	White Bread	26.9	1.49	597.3	0.40	160.7
Serbia	Buckwheat bread	SKROZ DOBRA PEKARA	Mixed Grain Bread	NA	1.48	597.4	NA	NA
Spain	Candeal/picos	GRANIER	White Bread	NA	1.48	592.0	NA	NA
Spain	Integral	Lidl	Wholemeal Bread	NA	1.48	592.0	NA	NA
Canada	Bread - Whole Grain Loaf, Gluten Free	Udi's	Wholemeal Bread, GF	49.0	1.48	591.8	0.73	290.0
Serbia	white bread	KAO NEKAD	White Bread	NA	1.47	589.2	NA	NA
Serbia	Mexican Bread	MAXI	Mixed Grain Bread	NA	1.47	588.0	NA	NA
Spain	Pan artesano	SINBLAT	White Bread, GF	NA	1.47	588.0	NA	NA
Canada	Bread - Deluxe French Sub Rolls	Sobeys	White Bread	144.0	1.47	587.5	2.12	846.0
Canada	Bread - Multigrain, Gluten Free	Glutino	Mixed Grain Bread, GF	29.0	1.47	586.2	0.43	170.0
Canada	Bread - White Sandwich Loaf	Glutino	White Bread	29.0	1.47	586.2	0.43	170.0
Spain	Candeal/picos	Lidl	White Bread	NA	1.46	585.2	NA	NA
Canada	Texas Style Hot Dog Buns	Loblaws	White Bread	65.0	1.46	584.6	0.95	380.0
Hong Kong	Multi Grains Sandwich	Marketplace / Urban	Mixed Grain Bread	NA	1.46	582.0	NA	NA
New Zealand	Sourdough Vienna	Pandoro Panetteria	White Bread	100.0	1.46	582.0	1.46	582.0
Canada	Large White Kaiser Rolls	Sobeys	White Bread	80.0	1.45	581.3	1.16	465.0
Spain	Con cereales	UVEPAN	Mixed Grain Bread	NA	1.45	581.2	NA	NA
Hong Kong	Bran Bread	Panash Bakery	Wholemeal Bread	NA	1.45	581.0	NA	NA
Belgium	immer wieder (weizenmischbrot)	Kronenbrot	White Bread	NA	1.45	580.0	NA	NA
Hong Kong	High Grade White Bread Crustless	Aeon/Yamazaki Bakery	White Bread	NA	1.45	580.0	NA	NA
New Zealand	Naan Bread Plain	Bazaar	Flat Bread	62.5	1.45	580.0	0.91	362.5
Serbia	Alpine bread	MERKATOR	White Bread	NA	1.45	580.0	NA	NA
Spain	Barra pan de picos candeal	ALCAMPO	White Bread	NA	1.45	580.0	NA	NA
Ecuador	Pan para Hot Dog	Moderna	White Bread	45.0	1.44	577.8	0.65	260.0
Ecuador	Pan para Hot Dog	Maxipan	White Bread	62.0	1.44	577.8	0.90	260.0
Argentina	Pan trisalvado light	Veneziana alimentos cormillot	Wholemeal Bread	50.0	1.44	576.0	0.72	288.0
Canada	Rolls - P/12 Made Whole Grain	Metro	White Bread	40.0	1.44	575.0	0.58	230.0
Hong Kong	759 White Bread	759 Store	White Bread	NA	1.44	575.0	NA	NA
Costa Rica	Bollito Europeo Pan para Sándwich adicionado con vitaminas y minerales	Bimbo	White Bread	65.8	1.44	574.2	0.95	378.0
Serbia	Whole wheat bread	KROSTI	Wholemeal Bread	NA	1.43	526.8	NA	NA
Canada	Bread - 100% Whole Wheat	Old Mill	Wholemeal Bread	75.0	1.43	573.3	1.08	430.0
Serbia	Buckwheat PLUS Bread	MAXI	Mixed Grain Bread	44.5	1.43	572.0	0.64	254.3
New Zealand	Premium Sourdough Bread	Lewis Road Bakery	White Bread	36.0	1.43	570.0	0.51	205.2
Canada	Hamburger Buns - Texas Style Sesame	Loblaws	White Bread	65.0	1.42	569.2	0.93	370.0
Canada	Texas Style Sesame Hot Dog Buns	Loblaws	White Bread	65.0	1.42	569.2	0.93	370.0
Serbia	Milk Bread	MAXI	White Bread	23.6	1.42	567.6	0.33	133.8
Canada	Rolls - Rosemary Focaccia Triangle	ACE Bakery	White Bread	120.0	1.42	566.7	1.70	680.0
Serbia	monastery bread with seeds	KAO NEKAD	Wholemeal Bread	NA	1.41	566.0	NA	NA
New Zealand	Traditional Turkish Bread	Handmade	Flat Bread	73.0	1.41	565.0	1.03	412.5
Canada	Italian- style Flatbread - Piadina	President's Choice	Flat Bread	85.0	1.41	564.7	1.20	480.0
Argentina	Pan con salvado	Great Value	Wholemeal Bread	50.0	1.41	564.0	0.71	282.0
New Zealand	Five Grain	Pandoro Panetteria	Mixed Grain Bread	150.0	1.41	564.0	2.12	846.0
Serbia	half brown bread	KAO NEKAD	Wholemeal Bread	NA	1.41	562.4	NA	NA
Spain	Con cereales	HIPERCOR	Mixed Grain Bread	NA	1.41	562.0	NA	NA
Serbia	Imperial bread	MAXI	Mixed Grain Bread	44.9	1.40	561.2	0.63	252.1
Serbia	white bread	HLEB & KIFLE	White Bread	NA	1.40	607.2	NA	NA
Australia	Sonoma Wholewheat Miche Sourdough	Sonoma Baking Company	Wholemeal Bread	121.0	1.40	561.0	1.70	678.8
Australia	Sonoma Ciabatta Sourdough	Sonoma Baking Company	White Bread	124.0	1.40	561.0	1.74	695.6
Argentina	La perla cereal balance pan multi semillado	La perla	Mixed Grain Bread	50.0	1.40	560.0	0.70	280.0
Canada	French Crusty Bread Unsliced	Loblaws	White Bread	50.0	1.40	560.0	0.70	280.0
Hong Kong	Calcium Bread	Yamazaki Bakery	White Bread	NA	1.40	560.0	NA	NA
Denmark	Bondebrød med gulerødder	Coop	White Bread	NA	1.40	560.0	NA	NA
Denmark	Bondebrød i skiver	Korn og godt	White Bread	NA	1.40	560.0	NA	NA
Denmark	Landbrød	The Old Mill	White Bread	NA	1.40	560.0	NA	NA
Denmark	Schnitzer Glutenfree	Schnitzer Glutenfree	Wholemeal Bread, GF	NA	1.40	560.0	NA	NA
Hungary	Fehér toast Kenyér	Ceres Sütő	White Bread	21.0	1.40	560.0	0.29	117.6

Hungary	Félbarna toast kenyér	Ceres Sütő	Wholemeal Bread	21.0	1.40	560.0	0.29	117.6
Hungary	E-free vajas toast kenyér	Ceres Sütő	White Bread	23.0	1.40	560.0	0.32	128.8
Hungary	Pane Integrale teljes kiőrlésű búzalisztból készült szeletelt kenyér olívaolajjal	Roberto	Wholemeal Bread	23.5	1.40	560.0	0.33	131.6
Italy	Viviverde biologico	Coop	Wholemeal Bread	25.0	1.40	560.0	0.35	140.0
Republic of Macedonia	Tonus-Mix Semki	Zito Centar	Wholemeal Bread	NA	1.40	560.0	NA	NA
Spain	Mini bocatas	Hacendado	White Bread	35	1.40	560.0	0.49	196.0
Spain	Natural 100% integral	Bimbo	Wholemeal Bread	28	1.40	560.0	0.39	156.8
Spain	Pan de molde integral 100% Natural	Bimbo	Wholemeal Bread	28	1.40	560.0	0.39	156.8
Sweden	Råghalvor	Fazer	Wholemeal Bread	NA	1.40	560.0	NA	NA
Canada	Bread - Organic Multigrain	ACE Bakery	Mixed Grain Bread	34.0	1.40	558.8	0.48	190.0
USA	HEARTY SLICED WHITE BREAD	PEPPERIDGE FARM	White Bread	43.0	1.40	558.1	0.60	240.0
Japan	Free From pain de mie with olive oil	TOPVALU	White Bread	61.5	1.39	557.7	0.86	343.0
Serbia	Whole wheat bread without yeast	KAO NEKAD	Wholemeal Bread	NA	1.39	556.4	NA	NA
Australia	Bakers Life Artisan Style Sourdough Multigrain	Aldi	Mixed Grain Bread	62.0	1.39	556.0	0.86	344.7
Canada	Pre Sliced Buns - Hamburger	Old Mill	White Bread	45.0	1.39	555.6	0.63	250.0
Canada	Gourmet Buns - Classic	Boulangerie ACE Bakery	White Bread	65.0	1.38	553.8	0.90	360.0
Canada	Gourmet Burger Bun - Iconic Sesame	ACE Bakery	White Bread	65.0	1.38	553.8	0.90	360.0
Serbia	Bread Integrale	MAXI	Wholemeal Bread	23.7	1.38	553.6	0.33	130.9
Spain	Barra integral	MERCADONA	Wholemeal Bread	NA	1.38	553.2	NA	NA
Australia	Mother Stone Original sourdough	Nonna's	White Bread	70.0	1.38	553.0	0.97	387.1
Italy	Sandwich soffice	Daily Bread	White Bread	37.5	1.38	552.0	0.52	207.0
Qatar	Hard Bread	Bake Mart	White Bread	NA	1.38	552.0	NA	NA
Canada	Gluten Free White Sandwich Loaf	Udi's	White Bread, GF	49.0	1.38	551.0	0.68	270.0
Australia	Sonoma Country White Sourdough	Sonoma Baking Company	White Bread	128.0	1.38	550.0	1.76	704.0
Canada	White Ciabatta Lunga Cluster	Boulangerie ACE Bakery	White Bread	40.0	1.38	550.0	0.55	220.0
Japan	pony branch sesame taste	Daichipan	White Bread	17.5	1.38	550.0	0.24	96.3
Spain	Pan semintegral	Carrefour	Wholemeal Bread	NA	1.38	550.0	NA	NA
Japan	Free From pain de mie with olive oil square bread	TOPVALU	White Bread	61.5	1.37	549.6	0.84	338.0
USA	WHITE SANDWICH BREAD	WHOLE FOODS MARKET	White Bread	31.0	1.37	548.4	0.43	170.0
Spain	Pistola	GRANIER	White Bread	NA	1.37	547.2	NA	NA
New Zealand	Buffet Rolls Plain White	Yarrows	White Bread	45.0	1.37	547.0	0.62	246.2
New Zealand	Par Baked Buffet Rolls Plain White	Yarrows	White Bread	45.0	1.37	547.0	0.62	246.2
Canada	White Bread	Old Mill	White Bread	75.0	1.37	546.7	1.03	410.0
Serbia	Bread with seeds	HELB & KIFLE	Mixed Grain Bread	NA	1.36	545.7	NA	NA
New Zealand	Toastable White Loaf	Pastry Kitchen	White Bread, GF	55.0	1.36	545.0	0.75	299.8
Spain	Pan de cereales	ALCAMPO	Mixed Grain Bread	NA	1.36	544.0	NA	NA
Spain	Con cereales	Lidl	Mixed Grain Bread	NA	1.36	544.0	NA	NA
Canada	Flatbread - The Original	Flatout	Flat Bread	57.0	1.36	543.9	0.78	310.0
Canada	Pita Bread	Pita Gourmet	Flat Bread	57.0	1.36	543.9	0.78	310.0
Serbia	Classic white Toast Bread	MERKATOR	White Bread	24.7	1.35	541.6	0.33	134.0
Serbia	Hrono bread	KROSTI	Wholemeal Bread	22.5	1.35	541.4	0.30	121.8
Costa Rica	Pan Blanco de Harina de Trigo Dieta 0% Grasa adicionada	Bimbo	White Bread	22.7	1.35	541.1	0.31	123.0
Canada	Artisan Flatbread	Stone Fire Authentic Flatbreads	Flat Bread	50.0	1.35	540.0	0.68	270.0
Canada	Ciabatta - Multi-grain	ACE Bakery	Mixed Grain Bread	50.0	1.35	540.0	0.68	270.0
Canada	Challah Bread	Metro	White Bread	50.0	1.35	540.0	0.68	270.0
Canada	Ciabatta Lunga - White	Boulangerie ACE Bakery	White Bread	50.0	1.35	540.0	0.68	270.0
Canada	Ciabatta Piccola	Boulangerie ACE Bakery	White Bread	50.0	1.35	540.0	0.68	270.0
Hong Kong	Whole Wheat Bread Crustless	Aeon/Yamazaki Bakery	Wholemeal Bread	NA	1.35	540.0	NA	NA
Hong Kong	Whole Wheat Bread	Yamazaki Bakery	Wholemeal Bread	NA	1.35	540.0	NA	NA
New Zealand	Toastable Brown Loaf	Pastry Kitchen	Wholemeal Bread, GF	55.0	1.35	540.0	0.74	297.0
Republic of Macedonia	Bel leb	Zito Luks	White Bread	NA	1.35	540.0	NA	NA
Serbia	Hrono bread	MERKATOR	Wholemeal Bread	NA	1.35	456.0	NA	NA
Ecuador	Pan semi integral nuez	Cyrano	Wholemeal Bread	26.0	1.35	538.5	0.35	140.0
Ecuador	Mini Pan Arabe	Pastelo	Flat Bread	13.0	1.35	538.5	0.18	70.0
Ecuador	Mini Pan Arabe integral	Pastelo	Flat Bread	13.0	1.35	538.5	0.18	70.0
USA	FAMILY STYLE WHITE ENRICHED BREAD	GRISSOM'S MILL	White Bread	26.0	1.35	538.5	0.35	140.0
Canada	100% Whole Wheat Bread	Sobeys	Wholemeal Bread	50.0	1.35	538.0	0.67	269.0

Serbia	Whole wheat bread	KROSTi	Wholemeal Bread	NA	1.34	536.4	NA	NA
Brazil	Whole wheat bread zero	Wickbold	Wholemeal Bread	50.0	1.34	536.0	0.67	268.0
USA	OLD FASHIONED WHITE BREAD	FOOD CLUB	White Bread	28.0	1.34	535.7	0.38	150.0
USA	OLD FASHIONED SPLIT TOP WHITE BREAD	FOOD CLUB	White Bread	28.0	1.34	535.7	0.38	150.0
Canada	Bread - Whole Wheat	Villagio Italian	Wholemeal Bread	71.0	1.34	535.2	0.95	380.0
Canada	Pre-sliced Buns - Hot Dog	Old Mill	White Bread	43.0	1.34	534.9	0.58	230.0
Spain	Pistola	MERCADONA	White Bread	NA	1.34	534.0	NA	NA
Ecuador	Pan Integral familiar	Moderna	Wholemeal Bread	60.0	1.33	533.3	0.80	320.0
Canada	Dinner Rolls - 100% Whole Wheat	Canada Bread	Wholemeal Bread	30.0	1.33	533.3	0.40	160.0
Canada	Ciabatta Rolls	Irresistibles Artisan	White Bread	75.0	1.33	533.3	1.00	400.0
Canada	Gourmet Buns - Cheddar Ciabatta	ACE Bakery	White Bread	75.0	1.33	533.3	1.00	400.0
Ecuador	Pan para Hot Dog	Maxipan	White Bread	62.5	1.33	532.3	0.83	330.0
Denmark	Bondebrød	First price	White Bread	50.0	1.33	532.0	0.67	266.0
USA	COUNTRY WHITE BREAD	GONNELLA BAKING CO	White Bread	47.0	1.33	531.9	0.63	250.0
Canada	Bread - Sesame	D'italiano	Wholemeal Bread	79.0	1.33	531.6	1.05	420.0
Canada	Bread - Organic White	ACE Bakery	White Bread	32.0	1.33	531.3	0.43	170.0
Australia	Sonoma White Sourdough	Sonoma Baking Company	White Bread	123.0	1.33	531.0	1.63	653.1
Kuwait	Arabic Brown Bread Normal (Extra Bran)	Kuwait Flour Mills & Bakeries CO	Flat Bread	75	1.33	530.0	1.00	397.5
USA	ENRICHED WHITE SANDWICH BREAD	VALU TIME	White Bread	34.0	1.32	529.4	0.45	180.0
Canada	Gourmet Buns - Classic Sausage	Boulangerie ACE Bakery	White Bread	85.0	1.32	529.4	1.13	450.0
Spain	Integral	Lidl	Wholemeal Bread	NA	1.32	529.2	NA	NA
Canada	Cheese Buns	Front Street Bakery	White Bread	70.0	1.32	528.6	0.93	370.0
Argentina	Noly linea dorada doble integral	Noly	Wholemeal Bread	50.0	1.32	528.0	0.66	264.0
Canada	Oat Bran Bread	Sobeys	Mixed Grain Bread	50.0	1.32	528.0	0.66	264.0
Costa Rica	Pan Blanco Grande	Breddy	White Bread	25.0	1.32	528.0	0.33	132.0
Ecuador	Pan para Hamburguesa	Maxipan	White Bread	62.5	1.32	528.0	0.83	330.0
Serbia	Prevent bread	SKROZ DOBRA PEKARA	Wholemeal Bread	23.4	1.32	528.0	0.31	123.5
Spain	Pan de molde	LA HORNADA CASERA	White Bread	27.8	1.32	528.0	0.37	146.8
Spain	Pan de molde integral	LA HORNADA CASERA	Wholemeal Bread	86	1.32	528.0	1.14	454.1
Serbia	Toast with black flour	MAXI	Wholemeal Bread	30.6	1.32	527.6	0.40	161.4
Canada	Hamburger Rolls	Sobeys	White Bread	48.0	1.32	527.1	0.63	253.0
Serbia	Whole wheat bread	MAXI	Wholemeal Bread	26.5	1.32	471.2	0.35	139.9
Canada	Dinner Rolls	Canada Bread	White Bread	38.0	1.32	526.3	0.50	200.0
Canada	Bread - 100% Whole Wheat (No Sugar Added)	Country Harvest	Wholemeal Bread	38.0	1.32	526.3	0.50	200.0
Canada	Bread - Organic 60% Whole Wheat	ACE Bakery	Wholemeal Bread	38.0	1.32	526.3	0.50	200.0
New Zealand	Kiwi Favourite Supersoft 6 White Long Rolls	Tip Top Bakery	White Bread	75.0	1.32	526.0	0.99	394.5
New Zealand	Supersoft White Burger Buns	Tip Top Bakery	White Bread	75.0	1.32	526.0	0.99	394.5
New Zealand	8 White Slice King Buns Supersoft Kiwi Favourites	Tip Top	White Bread	90.0	1.32	526.0	1.18	473.4
Argentina	Pan con salvado	La perla	Wholemeal Bread	60.0	1.31	525.0	0.79	315.0
New Zealand	High Country Bread Sliced	MacKenzie	Mixed Grain Bread	57.0	1.31	525.0	0.75	299.3
New Zealand	Sliced Station Seed & Grain	Mackenzie High country Bread	Mixed Grain Bread	57.0	1.31	525.0	0.75	299.3
Japan	Yumehikara salt butter bread	Pasco	White Bread	30.0	1.31	524.9	0.39	157.5
Argentina	Bimbo fit salvado	Bimbo	Wholemeal Bread	50.0	1.31	524.0	0.66	262.0
Bulgaria	Bread type "Dobrudzha-selski s kvas"	ELIAZ	White Bread	NA	1.31	524.0	NA	NA
Bulgaria	Gorublyanski s kvas Handmade	ELIAZ	White Bread	NA	1.31	524.0	NA	NA
Canada	Loaf - Multigrain	Weight Watchers	Mixed Grain Bread	21.0	1.31	523.8	0.28	110.0
Canada	Hot Dog Buns	Sobeys	White Bread	48.0	1.31	522.9	0.63	251.0
Japan	whole-grain Enjuku	KOBEYA	Wholemeal Bread	57.5	1.31	522.0	0.75	300.2
Ecuador	Pan de miga semi integral	Maxipan	Wholemeal Bread	28.8	1.30	521.7	0.38	150.0
Ecuador	Pan integral económico	Supan	Wholemeal Bread	23.0	1.30	521.7	0.30	120.0
Canada	Bread - White, Classico Thick Slice	Villagio Italian	White Bread	71.0	1.30	521.1	0.93	370.0
Canada	Italian Style Thick Slice White Bread - Sesame	Villaggio	White Bread	71.0	1.30	521.1	0.93	370.0
Canada	Whole Wheat Crustini Buns	D'italiano	Wholemeal Bread	71.0	1.30	521.1	0.93	370.0
Argentina	Pan con salvado en rodajas	Jumbo	Wholemeal Bread	50.0	1.30	520.0	0.65	260.0
Belgium	multicéreales	Aldi	Mixed Grain Bread	50.0	1.30	520.0	0.65	260.0
Belgium	multicéreales à l'épeautre	Biaform	Mixed Grain Bread	NA	1.30	520.0	NA	NA
Belgium	pain multicéreales foncé	Lidl	Mixed Grain Bread	35.0	1.30	520.0	0.46	182.0

Belgium	pain d'épeautre chia	Carrefour	White Bread	24.0	1.30	520.0	0.31	124.8
Belgium	Carré gris	Aldi	Wholemeal Bread	50.0	1.30	520.0	0.65	260.0
Belgium	pain épeautre, graine de potiron	Biaform	Wholemeal Bread	NA	1.30	520.0	NA	NA
Belgium	pain gris	Delhaize 365	Wholemeal Bread	NA	1.30	520.0	NA	NA
Belgium	pain campinois	Lidl	Wholemeal Bread	35.0	1.30	520.0	0.46	182.0
Belgium	Glutenvrij zwart brood	Damhert	Wholemeal Bread, GF	NA	1.30	520.0	NA	NA
Bulgaria	Bread White / Handmade	Simid- Sofia	White Bread	NA	1.30	520.0	NA	NA
Bulgaria	Vitleem	Bal-Klas	Wholemeal Bread	NA	1.30	520.0	NA	NA
Canada	Multigrain Flatbread	President's Choice	Flat Bread	50.0	1.30	520.0	0.65	260.0
Canada	Multigrain Petits Pains	ACE Bakery Bake Your Own	Mixed Grain Bread	50.0	1.30	520.0	0.65	260.0
Canada	Sesame Challah Bread	Metro	White Bread	50.0	1.30	520.0	0.65	260.0
Costa Rica	Pan de Leche	Parisien	White Bread	100.0	1.30	520.0	1.30	520.0
Denmark	Rustico gluten-free	Schär	Wholemeal Bread, GF	22.0	1.30	520.0	0.29	114.4
Denmark	Morgenstykker frokostbrød	Coop	White Bread	NA	1.30	520.0	NA	NA
Denmark	Brooklyn Burgerboller	Hatting	White Bread	NA	1.30	520.0	NA	NA
Denmark	Silders	Hatting	White Bread	NA	1.30	520.0	NA	NA
Ecuador	Pan Arabe	Pastelo	Flat Bread	50.0	1.30	520.0	0.65	260.0
Ecuador	Pan Arabe Integral	Pastelo	Flat Bread	50.0	1.30	520.0	0.65	260.0
Finland	Esipaistettu Vehnäpatonki	Pirkka	White Bread	30.0	1.30	520.0	0.39	156.0
Greece	TO TOST	KATSELIS	White Bread	37.5	1.30	520.0	0.49	195.0
Greece	TO PARADOSIAKO	KATSELIS	Wholemeal Bread	37.5	1.30	520.0	0.49	195.0
Hong Kong	Hi-Calcium Sandwich Bread	ParkenShop / Garden	White Bread	50.0	1.30	520.0	0.65	260.0
Hong Kong	Super Milk Bread	Aeon/Yamazaki Bakery	White Bread	NA	1.30	520.0	NA	NA
Hong Kong	Soft Light Bread	Apita / Yamazaki Bakery	White Bread	NA	1.30	520.0	NA	NA
Hong Kong	Hamburger Buns	ParkenShop /Baker's Choice	White Bread	NA	1.30	520.0	NA	NA
Hungary	Toast kenyér	Auchan	White Bread	21.0	1.30	520.0	0.27	109.2
Hungary	Gra-hamm toast	Ceres Sütő	Wholemeal Bread	21.0	1.30	520.0	0.27	109.2
Hungary	E-free toast szeletek 12% teljes kiőrlésű tönkölybúzálszittel	Ceres Sütő	Wholemeal Bread	23.0	1.30	520.0	0.30	119.6
Hungary	szeletelt toast kenyér	Update1	White Bread	25.0	1.30	520.0	0.33	130.0
Hungary	Tönkölybúza kenyér	Ceres Sütő	Mixed Grain Bread	29.0	1.30	520.0	0.38	150.8
Hungary	Vollkorn Toast 27% teljes kiőrlésű búzálszittel	Auchan	Wholemeal Bread	29.0	1.30	520.0	0.38	150.8
Hungary	Bakonyi barna toast kenyér	Ceres Sütő	Wholemeal Bread	29.0	1.30	520.0	0.38	150.8
Hungary	Bükki parasztkenyér	Ceres Sütő	Mixed Grain Bread	NA	1.30	520.0	NA	NA
Hungary	Szuperlágyszendvics búzakenyér	Ölz	White Bread	NA	1.30	520.0	NA	NA
Hungary	Graham szeletek	Toast!	Wholemeal Bread	NA	1.30	520.0	NA	NA
Italy	Pane a fette bene si	Coop	White Bread, GF	38.0	1.30	520.0	0.49	197.6
Japan	Morning Star	YAMAZAKI	White Bread	NA	1.30	520.0	NA	NA
New Zealand	6 Sesame White Burger Buns	Pams	White Bread	75.0	1.30	520.0	0.98	390.0
New Zealand	6 White Burger Buns	Pams	White Bread	75.0	1.30	520.0	0.98	390.0
New Zealand	6 White Long Rolls	Pams	White Bread	75.0	1.30	520.0	0.98	390.0
New Zealand	Buns	Pams	White Bread	90.0	1.30	520.0	1.17	468.0
New Zealand	Ficelle Grains	Paneton	Mixed Grain Bread	120.0	1.30	520.0	1.56	624.0
Qatar	Medium White Sliced	Carrs Foods Baker Street	White Bread	40.0	1.30	520.0	0.50	208.0
Republic of Macedonia	Bel leb	Kamko	White Bread	NA	1.30	520.0	NA	NA
Republic of Macedonia	Bel leb- rolovan	Kamko	White Bread	NA	1.30	520.0	NA	NA
Republic of Macedonia	Integralen leb so soncogled	Zito Luks	Wholemeal Bread	NA	1.30	520.0	NA	NA
Spain	Chapata	Franjupa	White Bread	NA	1.30	520.0	NA	NA
Spain	Panecillo de molde, hamburguesa	Bimbo	White Bread	75	1.30	520.0	0.98	390.0
Spain	Panecillo de molde, hot dog	Bimbo	White Bread	55	1.30	520.0	0.72	286.0
Spain	Pan de molde	Auchan	White Bread	NA	1.30	520.0	NA	NA
Spain	Pan de molde especial sandwich	Auchan	White Bread	36	1.30	520.0	0.47	187.2
Spain	Corteza tierna	Bimbo	White Bread	25	1.30	520.0	0.33	130.0
Spain	Pan de molde con corteza	Carrefour	White Bread	54	1.30	520.0	0.70	280.8
Spain	Grande	Bimbo	White Bread	23	1.30	520.0	0.30	119.6
Spain	Pan de molde mediterráneo	GOTRI	White Bread	NA	1.30	520.0	NA	NA
Spain	Pan de molde	El Corte Inglés	White Bread	31.5	1.30	520.0	0.41	163.8
Spain	Rústico	PANRICO - CEREALIA	White Bread	35.7	1.30	520.0	0.46	185.6

Spain	Pan casero sin gluten	Schär	White Bread, GF	48	1.30	520.0	0.62	249.6
Spain	Integral	DULCESOL	Wholemeal Bread	34.2	1.30	520.0	0.44	177.8
Spain	Quinoa	Bimbo	Wholemeal Bread	39	1.30	520.0	0.51	202.8
Spain	Pan de molde integral	Carrefour	Wholemeal Bread	54	1.30	520.0	0.70	280.8
Spain	Cerealia estilo rústico	Pan Rico	Mixed Grain Bread	35.7	1.30	520.0	0.46	185.6
Spain	Pan especial con semillas de quinoa	The Rustik Bakery	Mixed Grain Bread	NA	1.30	520.0	NA	NA
Spain	Quinoa - chia - espelta	THE RUSTIK BAKERY	Mixed Grain Bread	NA	1.30	520.0	NA	NA
Sweden	Fullkorns-gott	Garant	Wholemeal Bread	NA	1.30	520.0	NA	NA
Sweden	Fjällrundor med fiber	Semper	Wholemeal Bread, GF	NA	1.30	520.0	NA	NA
Serbia	Buckwheat Toast Bread	MERKATOR	Mixed Grain Bread	48.0	1.30	519.2	0.62	249.0
Japan	Round top bread for daily dinning	TOPVALU	White Bread	60.0	1.30	518.3	0.78	311.0
Australia	Mother Stone Multigrain sourdough	Nonna's	Mixed Grain Bread	70.0	1.30	518.0	0.91	362.6
Australia	Sonoma Spelt Sourdough	Sonoma Baking Company	White Bread	121.0	1.30	518.0	1.57	626.8
New Zealand	San Francisco Sourdough Organic	Pandoro Panetteria	White Bread	150.0	1.30	518.0	1.94	777.0
Canada	Bread - Ancient Grain, Millet-Chia	Udi's	Mixed Grain Bread	58.0	1.29	517.2	0.75	300.0
Spain	Chapata	ALCAMPO	White Bread	NA	1.29	517.2	NA	NA
Ecuador	Pan blanco Benefit	Moderna	White Bread	62.0	1.29	516.1	0.80	320.0
Italy	panfette integrale	Nutri free	Wholemeal Bread, GF	NA	1.29	516.0	NA	NA
New Zealand	12 Par Baked Buffet rolls	Pams Fresh Express	White Bread	35.0	1.29	514.0	0.45	179.9
Spain	Chapata	GRANIER	White Bread	NA	1.29	516.0	NA	NA
Spain	Pan de picos	Carrefour	White Bread	NA	1.29	516.0	NA	NA
Ecuador	Pan cortado integral	Cyrano	Wholemeal Bread	33.0	1.29	515.2	0.43	170.0
Canada	Garlic Buns with Herbs	D'italiano	White Bread	66.0	1.29	515.2	0.85	340.0
Hong Kong	Premium Sandwich Bread (Japanese Baker Series 和熟)	Arome Bakery	White Bread	NA	1.29	515.0	NA	NA
Canada	Hot Dog Bun, Gluten Free	Udi's	White Bread	68.0	1.29	514.7	0.88	350.0
Costa Rica	Artesano Pan de harina de trigo tipo artesanal	Bimbo	White Bread	33.4	1.29	514.4	0.43	172.0
Canada	White Dinner Rolls	Old Mill	White Bread	35.0	1.29	514.3	0.45	180.0
Argentina	Whole grains con avena, trigo, chia y lino	Oroweat	Mixed Grain Bread	50.0	1.29	514.0	0.64	257.0
Argentina	Pan lacteado	De la panaderia	White Bread	50.0	1.29	514.0	0.64	257.0
New Zealand	Par-Baked Buffet Rolls	Pams Fresh Express	White Bread	NA	1.29	514.0	NA	NA
Japan	Soft bread	TOPVALU	White Bread	72.0	1.28	513.9	0.93	370.0
Spain	Pistola	Lidl	White Bread	NA	1.28	513.2	NA	NA
Canada	Hot Dog Puns, Whole Wheat	D'italiano	Wholemeal Bread	76.0	1.28	513.2	0.98	390.0
Serbia	white toast bread	MAXI	White Bread	28.5	1.28	513.0	0.37	146.3
Costa Rica	Pan Integral 100% Grano Entero	Bimbo	Wholemeal Bread	29.4	1.28	512.9	0.38	151.0
Costa Rica	Pan de Harina de Trigo Integral Dieta 0% Grasa adicionada	Bimbo	Wholemeal Bread	27.5	1.28	512.7	0.35	141.0
Serbia	Toast with seeds	MAXI	Mixed Grain Bread	24.3	1.28	512.4	0.31	124.7
Belgium	sonnenblumenbrot	Kronenbrot	Wholemeal Bread	NA	1.28	512.0	NA	NA
Bulgaria	Muesli Bread	ELIAZ	Mixed Grain Bread	NA	1.28	512.0	NA	NA
New Zealand	Garlic Chapati	Raj's	Flat Bread	43.0	1.28	512.0	0.55	220.2
New Zealand	Super Soft Burger Buns Sesame	Tip Top Bakery	White Bread	75.0	1.28	512.0	0.96	384.0
New Zealand	Kiwi Favourite Supersoft	Tip Top Bakery	White Bread	90.0	1.28	512.0	1.15	460.8
Spain	Sin corteza integral con aceite de oliva virgen extra	DULCESOL	Wholemeal Bread	28.1	1.28	512.0	0.36	143.9
USA	PEPPERIDGE FARM, WHITE SLICED BREAD SANDWICH	PEPPERIDGE FARM	White Bread	45.0	1.28	511.1	0.58	230.0
Japan	morning chef	Daichipan	White Bread	65.0	1.28	510.0	0.83	331.5
New Zealand	Supersoft Sesame Long Rolls	Tip Top	White Bread	75.0	1.28	510.0	0.96	382.5
New Zealand	Garlic Naan	Dakshin's	Flat Bread	125.0	1.28	510.0	1.59	637.5
Spain	Barra pan integral	DIA	Wholemeal Bread	NA	1.27	509.2	NA	NA
Serbia	white toast bread	MERKATOR	White Bread	33.4	1.27	508.8	0.42	170.0
Hong Kong	White Bread	Aeon/Yamazaki Bakery	White Bread	NA	1.27	508.0	NA	NA
Japan	Ishigama domestic wheat bread	TAKAKI BAKERY	White Bread	51.0	1.27	508.0	0.65	258.9
Malaysia	Paratha Dhal	Kawan	Flat Bread	120.0	1.27	508.0	1.52	610.0
Serbia	Protein Bread	MERKATOR	White Bread	50.6	1.27	508.0	0.64	257.1
Spain	Pistola	HIPERCOR	White Bread	NA	1.27	508.0	NA	NA
Spain	Hogaza rebanada	MOLDI PAN	White Bread	NA	1.27	508.0	NA	NA
Canada	Bread - Original	D'italiano	White Bread	71.0	1.27	507.0	0.90	360.0
Canada	Crustini Buns - Original	D'italiano	White Bread	71.0	1.27	507.0	0.90	360.0

Canada	Deluxe Hamburger Buns White	Dempster's	White Bread	71.0	1.27	507.0	0.90	360.0
Canada	Cracked Wheat Bread	Old Mill	Wholemeal Bread	75.0	1.27	506.7	0.95	380.0
Serbia	Brown bread	KAO NEKAD	Wholemeal Bread	NA	1.26	505.5	NA	NA
Oman	Sliced	Carefour	White Bread	38.8	1.26	505.2	0.49	195.9
Serbia	white bread	HLEB & KIFLE	White Bread	NA	1.26	622.5	NA	NA
Spain	Chapata	DIA	White Bread	NA	1.26	503.2	NA	NA
Argentina	Pan de molde lacteado	Jumbo	White Bread	50.0	1.26	502.0	0.63	251.0
Malaysia	Kawan plain paratha	Kawan	Flat Bread	80.0	1.26	502.0	1.00	401.6
New Zealand	Plain Roti Chantai Malaysian Flat Bread	Tulsi	Flat Bread	120.0	1.26	502.0	1.51	602.4
India	Sandwich Bread	Harvest Gold	White Bread	NA	1.25	501.0	NA	NA
New Zealand	Classic Chapati	Raj's	Flat Bread	43.0	1.25	501.0	0.54	215.4
Serbia	VITAS PLUS Bread	MERKATOR	Mixed Grain Bread	21.4	1.25	500.8	0.27	107.0
Argentina	Pan de viena para pebete	NA	White Bread	97.5	1.25	500.5	1.22	488.0
Argentina	Pan de viena para pancho corto	NA	White Bread	40.0	1.25	500.0	0.50	200.0
Argentina	Carrefour pan lacteado	Carrefour	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Carrefour pan para hamburguesas	Carrefour	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	La perla lacteado	La perla	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Noly lacteado	Noly	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan lacteado	Great Value	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan lacteado	Veneziana alimentos cormillot	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan lacteado en rodajas	Jumbo	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan lacteado rodajas finas	Jumbo	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan para hamburguesas	Noly	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan para panchos	Carla	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Que pan! estilo campo	Noly	White Bread	50.0	1.25	500.0	0.63	250.0
Argentina	Pan de viena para hamburguesa tradicional con sesamo	NA	White Bread	60.0	1.25	500.0	0.75	300.0
Argentina	Pan de viena para pancho largo	NA	White Bread	65.0	1.25	500.0	0.81	325.0
Australia	Gluten Free Pane Casereccia	Schär	White Bread, GF	48.0	1.25	500.0	0.60	240.0
Canada	White Bread	Weight Watchers	White Bread	21.0	1.25	500.0	0.26	105.0
Canada	Dinner Rolls - 60% Whole Wheat	Loblaws	Wholemeal Bread	38.0	1.25	500.0	0.48	190.0
Canada	Bread - Organic Flax	ACE Bakery	Mixed Grain Bread	40.0	1.25	500.0	0.50	200.0
Canada	Artisan Belgian Country Style Bread	Eat Better Artisan	White Bread	50.0	1.25	500.0	0.63	250.0
Canada	Mini Parisien White Bread	Metro	White Bread	50.0	1.25	500.0	0.63	250.0
Canada	White Crustless Bread - Tramezzini	President's Choice	White Bread	50.0	1.25	500.0	0.63	250.0
Canada	Ancient Grain - Omega-3 Flax & Fibre Loaf	Udi's	Mixed Grain Bread	58.0	1.25	500.0	0.73	290.0
Canada	L Whole Grain Kaiser Rolls	Metro	Wholemeal Bread	58.0	1.25	500.0	0.73	290.0
Canada	Hot Dog Buns, Original	D'Italiano	White Bread	76.0	1.25	500.0	0.95	380.0
Costa Rica	Rustico Bread Pan con cereales sin gluten	Schär	Wholemeal Bread, GF	50.0	1.25	500.0	0.63	250.0
Denmark	Thick sliced white bread	Mcennedy American Way	White Bread	NA	1.25	500.0	NA	NA
Denmark	Sliced white bread	Rivercode	White Bread	NA	1.25	500.0	NA	NA
Denmark	Thick sliced brown bread	Mcennedy American Way	Wholemeal Bread	NA	1.25	500.0	NA	NA
Ecuador	Pan Blanco	Supan	White Bread	40.0	1.25	500.0	0.50	200.0
Ecuador	Pan blanco cortado	Cyrano	White Bread	25.0	1.25	500.0	0.31	125.0
Hong Kong	Italian Style Ciabatta	ParkenShop / Baker's Choice	Wholemeal Bread	NA	1.25	500.0	NA	NA
Italy	Pan Bauletto Bianco	Mulino Bianco	White Bread	23.6	1.25	500.0	0.30	118.0
Italy	Pan Bauletto	Mulino Bianco	Wholemeal Bread	23.6	1.25	500.0	0.30	118.0
Italy	Pan Bauletto cereali	Mulino Bianco	Wholemeal Bread	23.6	1.25	500.0	0.30	118.0
Italy	Pagnotta Grano duro	Mulino Bianco	White Bread	32.5	1.25	500.0	0.41	162.5
Morocco	PITA / Pain PITs	JACQUET	Flat Bread	NA	1.25	500.0	NA	NA
New Zealand	Traditional Herb Bread Perfetto	La Famiglia Kitchen	Wholemeal Bread	23.0	1.25	500.0	0.29	115.0
New Zealand	Roti Chantai Malaysian Non-Yeast Bread	Rempah	Flat Bread	120.0	1.25	500.0	1.50	600.0
Nigeria	SAMADI Special Bread	SAMADI SpecialBread	White Bread	NA	1.25	500.0	NA	NA
South Africa	Save simply white	Save	White Bread	78.0	1.25	500.0	0.98	390.0
USA	FRESH BAKED BREAD	GRISSOM'S MILL	White Bread	25.0	1.25	500.0	0.31	125.0
USA	LIFE SUGAR FREE 100% WHOLE WHEAT, 100% WHOLE GRAIN	NATURE'S OWN	Wholemeal Bread	25.0	1.25	500.0	0.31	125.0
USA	THIN SANDWICH WHITE ENRICHED BREAD	BUNNY	White Bread	26.0	1.25	500.0	0.33	130.0
USA	100% WHOLE WHEAT BREAD	SCHWEBEL'S	Wholemeal Bread	27.0	1.25	500.0	0.34	135.0

Australia	Schwob's Soy and Linseed	Schwob's Swiss Breads	Mixed Grain Bread	66.7	1.25	499.0	0.83	332.7
New Zealand	Grain & Honey Toast	Farmers Mill	Mixed Grain Bread	74.0	1.25	499.0	0.92	369.3
New Zealand	Gluten Free Young Buck Paleo Bread	Purebread	Wholemeal Bread, GF	NA	1.25	499.0	NA	NA
Serbia	white bread without additives	KROSTi	White Bread	NA	1.25	498.4	NA	NA
Spain	Candeal/picos	HIPERCOR	White Bread	NA	1.25	498.0	NA	NA
Spain	Candeal/picos	Lidl	White Bread	NA	1.25	498.0	NA	NA
India	Regular Bread	City Fresh	White Bread	NA	1.24	497.0	NA	NA
India	Extra Soft Premium Bread	Farmer's Energy	White Bread	NA	1.24	497.0	NA	NA
India	Sandwich Bread	Topsim	White Bread	NA	1.24	497.0	NA	NA
Japan	Honjikomi bread	FUJIPAN	White Bread	65.0	1.24	496.7	0.81	322.9
Argentina	Pan blanco estilo italiano	Fargo villaggio	White Bread	50.0	1.24	496.0	0.62	248.0
Bulgaria	Maize Wholemeal Bread	Burgas Hlyab M	Mixed Grain Bread	25.0	1.24	496.0	0.31	124.0
Bulgaria	Gorublanski White Bread Handmade	ELIAZ	White Bread	35.0	1.24	496.0	0.43	173.6
Bulgaria	100 seeds Bread without flour	ELIAZ	Mixed Grain Bread	NA	1.24	496.0	NA	NA
Japan	Ishigama mound type toast	TAKAKI BAKERY	White Bread	43.8	1.24	496.0	0.54	217.5
Canada	Pretzel Hamburger Sliced Buns	Sobeys	White Bread	113.0	1.24	495.6	1.40	560.0
Canada	Kaiser Rolls - Plain	Golden Mill	White Bread	87.0	1.24	494.3	1.08	430.0
Serbia	Tonus Bread with seeds	MAXI	Mixed Grain Bread	22.0	1.24	494.0	0.27	108.7
Australia	Bowen Island Artisan Breads Sonoma Spelt Sourdough	Bowen Island Artisan Breads	Mixed Grain Bread	44.0	1.24	494.0	0.54	217.4
Hong Kong	Wholemeal Bread	ParkenShop / Garden	Wholemeal Bread	NA	1.24	494.0	NA	NA
New Zealand	Deluxe Burger Buns Corn Dusted	Tip Top Bakery	White Bread	116.0	1.23	493.0	1.43	571.9
New Zealand	Fresh Garlic & Coriander Roti	Silk Road	Flat Bread	150.0	1.23	493.0	1.85	739.5
Costa Rica	Pan blanco para hamburguesa decorado con ajonjolí	Bimbo	White Bread	56.3	1.23	492.4	0.69	277.0
Oman	Samoon	Lulu Hypermarket	Wholemeal Bread	51.6	1.23	492.4	0.64	254.3
Japan	Chojuku for sandwiches	Pasco	White Bread	16.0	1.23	492.1	0.20	78.7
Brazil	Whole wheat bread Grão Sabor Multigrains	Wickbold	Mixed Grain Bread	50.0	1.23	492.0	0.62	246.0
Bulgaria	Aetos	Desiy	Wholemeal Bread	NA	1.23	492.0	NA	NA
Denmark	Burgerbuns	Rivercode	White Bread	80.0	1.23	492.0	0.98	393.6
Denmark	Øko håndværkere	Økolivet	Wholemeal Bread	80.0	1.23	492.0	0.98	393.6
Denmark	6 white sesam burger buns	Mcennedy American Way	White Bread	NA	1.23	492.0	NA	NA
New Zealand	Ciabatta Organic	Pandoro Panetteria	White Bread	115.0	1.23	492.0	1.41	565.8
Argentina	Fargo pan para panchos	Fargo	White Bread	50.0	1.23	490.0	0.61	245.0
Argentina	Pan tipo artesano hamburguesas	Bimbo	White Bread	50.0	1.23	490.0	0.61	245.0
Argentina	Pan tipo artesano panchos	Bimbo	White Bread	50.0	1.23	490.0	0.61	245.0
Hong Kong	Soft Butter Bun	ParkenShop / Garden	White Bread	35.0	1.23	490.0	0.43	172.0
Hong Kong	Five Grains White Bread	Aeon/Yamazaki Bakery	Mixed Grain Bread	NA	1.23	490.0	NA	NA
Japan	Ishigama pain de campagne	TAKAKI BAKERY	White Bread	20.0	1.23	490.0	0.25	98.0
Japan	Free From pain de mie with olive oil roll	TOPVALU	White Bread	30.0	1.23	490.0	0.37	147.0
Serbia	white bread without yeast	EVROPA	White Bread	NA	1.22	489.5	NA	NA
New Zealand	Fresh Express 2 Par-Baked Garlic Buffet Rolls	Pams	White Bread	40.0	1.22	489.0	0.49	195.6
Bulgaria	Bread whole grain for toast	Simid Sofia	Wholemeal Bread	29.0	1.22	488.0	0.35	141.5
New Zealand	12 Par-Baked Garlic Buffet Rolls	Pams Fresh Express	White Bread	40.0	1.22	489.0	0.49	195.6
Japan	family morning	Pasco	White Bread	61.3	1.22	487.8	0.75	299.0
Canada	Hamburger Buns, Gluten Free	Udi's	White Bread	74.0	1.22	486.5	0.90	360.0
Spain	Barra pan 6 cereales	MERCADONA	Mixed Grain Bread	NA	1.21	485.2	NA	NA
Brazil	Whole wheat bread	Wickbold	Wholemeal Bread	50.0	1.21	484.0	0.61	242.0
Brazil	Whole wheat bread Os Classicos Integral	Wickbold	Wholemeal Bread	50.0	1.21	484.0	0.61	242.0
Bulgaria	Everyday Bread - multi-grain	Bal-Klas	Mixed Grain Bread	NA	1.21	484.0	NA	NA
Bulgaria	109 Sliced Bread	ELIAZ	Wholemeal Bread	NA	1.21	484.0	NA	NA
Qatar	Samoon white	Hot bread bakery	White Bread	NA	1.21	484.0	NA	NA
Spain	Pan de molde integral con 12 cereales y semillas	Auchan	Mixed Grain Bread	36	1.21	484.0	0.44	174.2
Canada	White Bread, Gluten-Free	President's Choice	White Bread, GF	62.0	1.21	483.9	0.75	300.0
Canada	Bread - Sprouted Rye & 12 Grains	Stonemill Bakehouse	Mixed Grain Bread	60.0	1.21	483.3	0.73	290.0
USA	ENRICHED WHITE SANDWICH BREAD	CLOVER VALLEY	White Bread	28.0	1.21	482.1	0.34	135.0
USA	WHITE BREAD	FARE WAY	White Bread	28.0	1.21	482.1	0.34	135.0
USA	ORGANIC COUNTRY WHITE BREAD	ALPINE VALLEY BAKERY	White Bread	28.0	1.21	482.1	0.34	135.0
USA	WHITE ENRICHED BREAD	GRISSOM'S MILL	White Bread	28.0	1.21	482.1	0.34	135.0

Canada	Loaf - Rustic Grains	President's Choice	Mixed Grain Bread	56.0	1.21	482.1	0.68	270.0
Brazil	Whole wheat bread Os Classicos Preto	Wickbold	Wholemeal Bread	50.0	1.21	482.0	0.60	241.0
Australia	Bowen Island Artisan Breads Quinoa Grains Seeds Sourdough	Bowen Island Artisan Breads	Mixed Grain Bread	45.0	1.20	481.0	0.54	216.5
New Zealand	Ficelle Wholemeal	Paneton	Wholemeal Bread	160.0	1.20	481.0	1.92	769.6
Canada	100% Whole Grain Sandwich Bread	Metro	Wholemeal bread	52.0	1.20	480.8	0.63	250.0
South Africa	Save simply brown	Save	Wholemeal Bread	78.0	1.20	480.5	0.94	374.8
Australia	Country Split White	Goodman Fielder Ltd	White Bread	47.5	1.20	480.0	0.57	228.0
Belgium	Carré blanc	Aldi	White Bread	50.0	1.20	480.0	0.60	240.0
Belgium	pain blanc artisanal	Aldi	White Bread	50.0	1.20	480.0	0.60	240.0
Belgium	Pain carré blanc	Carrefour	White Bread	30.0	1.20	480.0	0.36	144.0
Belgium	pain de blé	Carrefour	White Bread	24.0	1.20	480.0	0.29	115.2
Belgium	pain carré blanc	Carrefour	White Bread	30.0	1.20	480.0	0.36	144.0
Belgium	pain blanc	Delhaize 365	White Bread	NA	1.20	480.0	NA	NA
Belgium	carré blanc	La ferme du moulin (Aldi)	White Bread	50.0	1.20	480.0	0.60	240.0
Belgium	pain campagne blanc 800	Lidl	White Bread	NA	1.20	480.0	NA	NA
Belgium	pain carré blanc	Lidl	White Bread	35.0	1.20	480.0	0.42	168.0
Belgium	pain suédois	Aldi	Wholemeal Bread	NA	1.20	480.0	NA	NA
Belgium	pain d'épeautre en tranches	Boni Selection (Colruyt)	Wholemeal Bread	30.0	1.20	480.0	0.36	144.0
Belgium	pain carré gris	Carrefour	Wholemeal Bread	30.0	1.20	480.0	0.36	144.0
Belgium	pain gris	Cora	Wholemeal Bread	NA	1.20	480.0	NA	NA
Belgium	carré gris	La ferme du moulin (Aldi)	Wholemeal Bread	30.0	1.20	480.0	0.36	144.0
Belgium	pain campagne gris	Lidl	Wholemeal Bread	35.0	1.20	480.0	0.42	168.0
Bulgaria	Whole grain - toast	Lidl	Wholemeal Bread	29.0	1.20	480.0	0.35	139.2
Bulgaria	Bread whole grain with pumpkin seeds	Simid Sofia	Wholemeal Bread	30.0	1.20	480.0	0.36	144.0
Bulgaria	Zdrave	Simid-Agro	Wholemeal Bread	NA	1.20	480.0	NA	NA
Canada	San Francisco Style Sourdough Bread	Front Street Bakery	White Bread	50.0	1.20	480.0	0.60	240.0
Canada	White Loaf	Premiere Moisson	White Bread	50.0	1.20	480.0	0.60	240.0
Canada	White Sandwich Bread	Metro	White Bread	50.0	1.20	480.0	0.60	240.0
Canada	100% Whole Wheat Crustless Bread - Tramezzini	President's Choice	Wholemeal Bread	50.0	1.20	480.0	0.60	240.0
Costa Rica	Pan Blanco sin gluten	Schär	White Bread, GF	20.0	1.20	480.0	0.24	96.0
Costa Rica	Pan con tomate y aceite de oliva 3%	Semenzato	White Bread	50.0	1.20	480.0	0.60	240.0
Denmark	Grov sandwich	Trader Joe's	Wholemeal Bread	36.0	1.20	480.0	0.36	144.0
Denmark	Club sandwich	Trader Joe's	White Bread	36.0	1.20	480.0	0.40	158.4
Denmark	Club sandwich	Bakersfield	White Bread	36.0	1.20	480.0	0.43	172.8
Denmark	American style multigrain sandwich	Mcennedy American Way	Mixed Grain Bread	38.0	1.20	480.0	0.46	182.4
Denmark	Grov sandwich	Schulstad Levebrød	Wholemeal Bread	36.0	1.20	480.0	0.56	225.6
Denmark	Hamburgerboller	Trader Joe's	White Bread	50.0	1.20	480.0	0.60	240.0
Denmark	Bondebrød	Guldvang	White Bread	56.0	1.20	480.0	0.67	268.8
Denmark	Ciabatta	Coop	White Bread	NA	1.20	480.0	NA	NA
Denmark	Smørbrød burger	Kohberg	White Bread	NA	1.20	480.0	NA	NA
Denmark	2 part-baked Baguette Rolls	Maître Jean Pierre	White Bread	NA	1.20	480.0	NA	NA
Denmark	Økologisk pølsebrød	Irmis	White Bread	NA	1.20	480.0	NA	NA
Denmark	Mørkt Sønderjysk	Schulstad	Wholemeal Bread	NA	1.20	480.0	NA	NA
Ecuador	Pan para Super Hot Dog	Supan	White Bread	75.0	1.20	480.0	0.90	360.0
Hungary	Vollkorn Toast 40% teljes kiőrlésű búzaliszttel	Auchan	Wholemeal Bread	25.0	1.20	480.0	0.30	120.0
Hungary	Fehér sűetelek	Toast!	White Bread	NA	1.20	480.0	NA	NA
Italy	8 cereali	Coop	Mixed Grain Bread	25.0	1.20	480.0	0.30	120.0
Italy	Viviverde biologico	Coop	Mixed Grain Bread	25.0	1.20	480.0	0.30	120.0
Italy	American Sandwich	Morato	White Bread	39.3	1.20	480.0	0.47	188.6
Japan	Double Soft	YAMAZAKI	White Bread	NA	1.20	480.0	NA	NA
Morocco	Maxi Jac 'Whole meal'	JACQUET	Wholemeal Bread	39.3	1.20	480.0	0.46	188.6
Qatar	Medium Brown Sliced	Carrs Foods Baker Street	Wholemeal Bread	43.0	1.20	480.0	0.50	206.4
Qatar	Bakemart. Farm House Bread	Bake Mart	Wholemeal Bread	NA	1.20	480.0	NA	NA
Republic of Macedonia	Pcencen leb	Kamko	White Bread	NA	1.20	480.0	NA	NA
Republic of Macedonia	Bel Leb	Zito Luks	White Bread	NA	1.20	480.0	NA	NA
Spain	Chapatón - Cereales y semillas	GOTRI	Mixed Grain Bread	NA	1.20	480.0	NA	NA
Spain	8 cereales	Bimbo	Mixed Grain Bread	39	1.20	480.0	0.47	187.2

Spain	Panecillos para hamburguesa con sésamo	Auchan	White Bread	75	1.20	480.0	0.90	360.0
Spain	Hot dogs	Pan Rico	White Bread	55	1.20	480.0	0.66	264.0
Spain	Artesano	Bimbo	White Bread	39	1.20	480.0	0.47	187.2
Spain	Pan de pueblo si gluten	Veritas	White Bread, GF	NA	1.20	480.0	NA	NA
Spain	Multicereales sandwich	Día	Mixed Grain Bread	52	1.20	480.0	0.62	249.6
Spain	Pan de molde integral	Hacendado	Wholemeal Bread	29	1.20	480.0	0.35	139.2
Spain	Cerealía 5 semillas	Pan Rico	Mixed Grain Bread	35.7	1.20	480.0	0.43	171.4
Spain	5 semillas	PANRICO - CEREALIA	Mixed Grain Bread	31.1	1.20	480.0	0.37	149.3
Spain	Pan de espelta integral	SEMILLAS	Wholemeal Bread	NA	1.20	480.0	NA	NA
Spain	Pan integral con chía	SEMILLAS	Mixed Grain Bread	NA	1.20	480.0	NA	NA
Spain	Pan integral payés	SEMILLAS	Wholemeal Bread	NA	1.20	480.0	NA	NA
Sweden	Lingon &Tranbär	Fria	Mixed Grain Bread, GF	38.5	1.20	480.0	0.46	184.0
Sweden	Grova	Fria	Mixed Grain Bread, GF	38.5	1.20	480.0	0.46	184.8
Sweden	Fjällrundor kryddor och bär	Semper	Mixed Grain Bread, GF	NA	1.20	480.0	NA	NA
Sweden	Rågform	Fazer	Wholemeal Bread	NA	1.20	480.0	NA	NA
Sweden	Rågkugar	Fazer	Wholemeal Bread	NA	1.20	480.0	NA	NA
Serbia	PUR ENERGY BREAD	MERKATOR	Wholemeal Bread	25.4	1.20	479.6	0.30	121.8
India	100% ATTA Bread	Harvest Gold	Wholemeal Bread	NA	1.20	479.0	NA	NA
New Zealand	Wholemeal Pita Bread	Pams	Flat Bread	44.0	1.20	479.0	0.53	210.8
New Zealand	Authentic Mediterranean Pita Breads Wholemeal	Giannis	Flat Bread	45.0	1.20	479.0	0.54	215.6
New Zealand	Authentic Mediterranean Big Pita Breads Traditional Wholemeal	Giannis	Flat Bread	70.0	1.20	479.0	0.84	335.3
Canada	Bread - 100% Whole Wheat, Thick Sliced	D'Italiano	Wholemeal Bread	71.0	1.20	478.9	0.85	340.0
Argentina	Lactal pan para hamburguesas	Lactal	White Bread	50.0	1.20	478.0	0.60	239.0
Argentina	Pan para hamburguesas	Lactal	White Bread	50.0	1.20	478.0	0.60	239.0
Oman	Sliced	Muscat Bakery	White Bread	24.0	1.20	478.0	0.29	114.6
Spain	Barra de pan	ALCAMPO	White Bread	NA	1.19	477.2	NA	NA
Hong Kong	Japanese Baker Series 和软	Arome Bakery	White Bread	NA	1.19	477.0	NA	NA
Bulgaria	Strandzha	Desiy	White Bread	NA	1.19	476.0	NA	NA
Hong Kong	Selected Grain Sandwich Bread	ParkenShop / Garden	Mixed Grain Bread	45.0	1.19	476.0	0.54	214.0
Italy	Pan Kamut	Morato	Mixed Grain Bread	23.5	1.19	476.0	0.28	111.9
Argentina	Pan de mesa tradicional	La perla	White Bread	60.0	1.19	475.0	0.71	285.0
Canada	Canadian Heritage Grain Bread	Front Street Bakery	Mixed Grain Bread	76.0	1.18	473.7	0.90	360.0
Canada	Italian Style Sausage Buns	Villaggio	White Bread	76.0	1.18	473.7	0.90	360.0
USA	FARMHOUSE WHITE	WILDFLOUR BAKEHOUSE	White Bread	57.0	1.18	473.7	0.68	270.0
Japan	Ishigama pain de campagne (stone-ground) (Eastern Japan)	TAKAKI BAKERY	White Bread	20.0	1.18	473.0	0.24	94.6
Canada	Thin Sandwich Buns - Multigrain made with 100% Whole Wheat	Dempster's Bakery	Mixed Grain Bread	55.0	1.18	472.7	0.65	260.0
Japan	Daily dinnning	TOPVALU	White Bread	73.0	1.18	472.6	0.86	345.0
Australia	Bavarian Organic Sourdough (Spelt and Rye)	Poachers Pantry	Mixed Grain Bread	85.0	1.18	472.0	1.00	401.2
Canada	Flatbread - Multigrain With Flax	Flatout Flatbread	Flat Bread	53.0	1.18	471.7	0.63	250.0
Serbia	Whole wheat bread	HLEB & KIFLE	Wholemeal Bread	NA	1.18	573.5	NA	NA
Oman	Samoon	Careffour	Wholemeal Bread	59.1	1.18	470.8	0.70	278.1
Argentina	La perla salvado	La perla	Wholemeal Bread	60.0	1.18	470.0	0.71	282.0
Argentina	Pan con salvado	La perla	Wholemeal Bread	60.0	1.18	470.0	0.71	282.0
Hong Kong	Grand Soft Loaf	Maxim (Saiwan)	White Bread	NA	1.18	470.0	NA	NA
Japan	hotel morning	Daichipan	White Bread	67.5	1.18	470.0	0.79	317.3
Japan	Royal Bread Premiun	YAMAZAKI	White Bread	NA	1.18	470.0	NA	NA
New Zealand	Hamburger Buns with Sesame Seeds	Homebrand	White Bread	70.0	1.18	470.0	0.82	329.0
New Zealand	Long Rolls with Sesame Seeds	Woolworths	White Bread	70.0	1.18	470.0	0.82	329.0
New Zealand	Paleo Grain Free Bread Almond & Linseed	Venerdi	Mixed Grain Bread	73.0	1.18	470.0	0.86	343.1
Hong Kong	Hamburger Buns	ParkenShop / Garden	White Bread	55.0	1.17	469.0	0.65	258.0
New Zealand	Garlic Pita Bread	Jabal	Flat Bread	90.0	1.17	469.0	1.06	422.1
Argentina	Pan lacteado con semillas	Veneziana alimentos cormillot	White Bread	50.0	1.17	468.0	0.59	234.0
Hong Kong	Wheat Sandwich Bread	ParkenShop / Garden	Wholemeal Bread	50.0	1.17	468.0	0.59	234.0
Hong Kong	Wheat Sandwich	Marketplace / Urban	Wholemeal Bread	NA	1.17	468.0	NA	NA
Italy	American Sandwich	Morato	Wholemeal Bread	42.9	1.17	468.0	0.50	200.8
Spain	Pan de picos	DIA	White Bread	NA	1.17	468.0	NA	NA
Ecuador	Hamburguesa Negroito	Maxipan	Wholemeal Bread	62.0	1.17	467.7	0.73	290.0

Canada	100% Whole Wheat Bread, European Style	Dimpfleier	Wholemeal Bread	30.0	1.17	466.7	0.35	140.0
New Zealand	Supersoft Honeygrain Toast	Tip Top Bakery	Mixed Grain Bread	74.0	1.17	466.0	0.86	344.8
Serbia	Hrono Bread	MAXI	Wholemeal Bread	44.0	1.17	466.0	0.51	205.1
USA	100% WHOLE WHEAT BREAD	LOVE'S	Wholemeal Bread	43.0	1.16	465.1	0.50	200.0
Canada	Plain Hamburger Rolls	Metro	White Bread	43.0	1.16	465.1	0.50	200.0
Canada	Plain Hot Dog Rolls	Metro	White Bread	43.0	1.16	465.1	0.50	200.0
Australia	Country Split Wholemeal	Goodman Fielder Ltd	Wholemeal Bread	47.5	1.16	465.0	0.55	220.9
Hong Kong	Deluxe White Bread	A-1 Bakery	White Bread	NA	1.16	465.0	NA	NA
USA	WHITE ENRICHED SANDWICH BREAD	MARKET PANTRY	White Bread	28.0	1.16	464.3	0.33	130.0
Canada	Pitas, Multi Grain	Ozery Bakery	Flat Bread	56.0	1.16	464.3	0.65	260.0
Bulgaria	Stone Bread - Spelt	Bal-Klas	Mixed Grain Bread	NA	1.16	464.0	NA	NA
Qatar	Sliced bread	Mubark bakery	White Bread	NA	1.16	464.0	NA	NA
Argentina	Pan lacteado chico	Lactal	White Bread	50.0	1.16	462.0	0.58	231.0
Hong Kong	Crustless Thick Sliced Sandwich Bread	Aeon / Garden	White Bread	35.0	1.16	462.0	0.41	162.0
New Zealand	Premium Kibbled Grain Bread	Lewis Road Bakery	Mixed Grain Bread	71.0	1.16	462.0	0.82	328.0
Canada	Homestyle White Bread	Metro	White Bread	52.0	1.15	461.5	0.60	240.0
Canada	Pita Bread, Large 100% Whole Wheat	Haddad Bakery	Flat Bread	78.0	1.15	461.5	0.90	360.0
Canada	White Pita Bread	Haddad Bakery	Flat Bread	78.0	1.15	461.5	0.90	360.0
Ecuador	Pan Blanco Clasico	Supermaxi	White Bread	26.0	1.15	461.5	0.30	120.0
Argentina	Pan multicereal	Veneziana alimentos cormillot	Mixed Grain Bread	50.0	1.15	460.0	0.58	230.0
Canada	Artisan Multigrain Bread	Sobeys	Mixed Grain Bread	50.0	1.15	460.0	0.58	230.0
Canada	Flaxseed Bread	Premiere Moisson	Mixed Grain Bread	50.0	1.15	460.0	0.58	230.0
Canada	Mini Parisien Multigrain Bread	Metro	Mixed Grain Bread	50.0	1.15	460.0	0.58	230.0
Canada	Whole Grain Long White Buns - PC Thins	President's Choice	White Bread	50.0	1.15	460.0	0.58	230.0
Canada	100% Whole Wheat Loaf	Premiere Moisson	Wholemeal Bread	50.0	1.15	460.0	0.58	230.0
Hong Kong	Soft Bread	ParkenShop /Baker's Choice	White Bread	NA	1.15	460.0	NA	NA
Hong Kong	Whole Wheat Bread	ParkenShop /Baker's Choice	Wholemeal Bread	NA	1.15	460.0	NA	NA
Japan	love's bread	Daichipan	White Bread	67.5	1.15	460.0	0.78	310.5
Japan	Double Soft Gold	YAMAZAKI	White Bread	NA	1.15	460.0	NA	NA
New Zealand	Country White Sandwich	Farmers Mill	White Bread	61.0	1.15	460.0	0.70	280.6
New Zealand	Country White Toast	Farmers Mill	White Bread	74.0	1.15	460.0	0.85	340.4
Belgium	Pain de ferme blanc	Boni Selection (Colruyt)	White Bread	NA	1.15	460.0	NA	NA
Bulgaria	Bread whole grain "Zarnena Mozaika"	Simid- Sofia	Wholemeal Bread	30.0	1.15	460.0	0.35	138.0
Bulgaria	Bread whole grain with 4 type of seeds	Simid- Sofia	Wholemeal Bread	30.0	1.15	460.0	0.35	138.0
Bulgaria	Bread whole grain with sesame seeds	Simid- Sofia	Wholemeal Bread	30.0	1.15	460.0	0.35	138.0
Bulgaria	Sliced White Bread	Lidl	White Bread	33.0	1.15	460.0	0.38	151.8
Bulgaria	Sliced Brown Bread	Lidl	Wholemeal Bread	33.0	1.15	460.0	0.38	151.8
Bulgaria	Bread White / Handmade	Lidl	White Bread	NA	1.15	460.0	NA	NA
Bulgaria	Bread White	Simid- Sofia	White Bread	NA	1.15	460.0	NA	NA
Bulgaria	Sliced Brown Bread	MIO	Wholemeal Bread	NA	1.15	460.0	NA	NA
Denmark	Fuldkorntoast	Guldvang	Wholemeal Bread	27.0	1.15	460.0	0.26	102.6
Denmark	Fuldkorntoast	Coop	Wholemeal Bread	NA	1.15	460.0	NA	NA
Greece	STARENIO	KARAMOLEGKOS	White Bread	24.3	1.15	460.0	0.28	111.8
Greece	STARENIO	MR. GRAND	White Bread	24.3	1.15	460.0	0.28	111.8
Italy	Pagnotta Integrale	Mulino Bianco	Wholemeal Bread	32.5	1.15	460.0	0.37	149.5
Spain	Pan de molde 8 cereales y semillas sin corteza	Alipende	Mixed Grain Bread	33.75	1.15	460.0	0.39	155.3
Ecuador	Pan para Hamburguesa	Maxipan	White Bread	72.0	1.15	458.3	0.83	330.0
Canada	Hot Dog Buns	Wonder	White Bread	72.0	1.15	458.3	0.83	330.0
Oman	Sliced	Lulu Hypermarket	White Bread	33.5	1.15	458.3	0.38	153.5
Argentina	Bimbo pan para hamburguesas lacteado	Bimbo	White Bread	50.0	1.15	458.0	0.57	229.0
Costa Rica	Pan Blanco Light	Bimbo	White Bread	22.3	1.14	457.2	0.26	102.0
USA	CLASSIC 100% WHOLE WHEAT	ARNOLD	Wholemeal Bread	35.0	1.14	457.1	0.40	160.0
Canada	Sausage Buns - Brizzolio Extra Soft	D'italiano	White Bread	70.0	1.14	457.1	0.80	320.0
Canada	Wonder Hamburger Buns, Ballpark Classics	Wonder	White Bread	70.0	1.14	457.1	0.80	320.0
Hong Kong	Whole Wheat Bread	A-1 Bakery	Wholemeal Bread	NA	1.14	457.0	NA	NA
Malaysia	Kawan wholemeal paratha	Kawan	Flat Bread	80.0	1.14	457.0	0.91	365.6
Canada	Pita - Whole Wheat	Pita Gourmet	Flat Bread	57.0	1.14	456.1	0.65	260.0

Canada	White Pita Pocket	Pita Gourmet	Flat Bread	57.0	1.14	456.1	0.65	260.0
Costa Rica	Vital Semillas Pan Integral con girasol, linaza y amapola	Bimbo	Wholemeal Bread	37.5	1.14	456.0	0.43	171.0
Hong Kong	Sandwich Bread	Marketplace / Urban	White Bread	NA	1.14	456.0	NA	NA
Japan	12-grains Rice in Bread	YAMAZAKI	White Bread	NA	1.14	456.0	NA	NA
New Zealand	Goodness Grains Grain & Seed Toast	Tip Top Bakery	Mixed Grain Bread	74.0	1.14	456.0	0.84	337.4
Serbia	Hrono bread	SKROZ DOBRA PEKARA	Wholemeal Bread	36.7	1.14	539.2	0.42	167.4
Spain	Integral	UVEPAN	Wholemeal Bread	NA	1.14	456.0	NA	NA
Costa Rica	Bimbo Pan blanco	Bimbo	White Bread	40.0	1.14	455.0	0.46	182.0
New Zealand	Plain Naan	Dakshin's	Flat Bread	125.0	1.14	455.0	1.42	568.8
Canada	Hamburger Buns - Brizzolio Extra Soft	D'Italiano	White Bread	66.0	1.14	454.5	0.75	300.0
Hong Kong	Round Bun	ParkenShop / Garden	White Bread	35.0	1.14	454.0	0.40	159.0
South Africa	Everyday farmstyle white bread	Sunbake	White Bread	75.0	1.14	454.0	0.85	340.5
Costa Rica	Pan Blanco Mediano	Bimbo	White Bread	22.5	1.13	453.3	0.26	102.0
Canada	Onebun Thin Sandwich Buns, Flax	Ozery Bakery	White Bread	75.0	1.13	453.3	0.85	340.0
Japan	Soft bread for sandwiches	TOPVALU	White Bread	15.0	1.13	453.3	0.17	68.0
Serbia	GLUKOFIT	MAXI	Mixed Grain Bread	36.1	1.13	453.1	0.41	163.4
New Zealand	Pita Bread Garlic Infused	Pams	Flat Bread	44.0	1.13	453.0	0.50	199.3
New Zealand	Pita Breads Garlic Flavour	Giannis	Flat Bread	45.0	1.13	453.0	0.51	203.9
New Zealand	Authentic Mediterranean Big Pita Breads Garlic Flavours	Giannis	Flat Bread	70.0	1.13	453.0	0.79	317.1
Canada	Bread - 100% Whole Wheat	Weight Watchers	Wholemeal Bread	21.0	1.13	452.4	0.24	95.0
Canada	Bavarian Multigrain Bread	Dimpflmeier	Mixed Grain Bread	42.0	1.13	452.4	0.48	190.0
Canada	Organic Loaf - Blues Bread with Blue Cornmeal Crust	Dave's Killer Bread	Mixed Grain Bread	42.0	1.13	452.4	0.48	190.0
Hong Kong	Old English Sandwich Bread	ParkenShop / Garden	White Bread	45.0	1.13	452.0	0.51	203.0
Canada	Gluten Free Hot Dog Buns	President's Choice	White Bread, GF	62.0	1.13	451.6	0.70	280.0
New Zealand	East Coast Pumpkin & Sunflower Seeds Bread	Ploughmans Bakery	Wholemeal Bread	83.0	1.13	451.0	0.94	374.3
Canada	Bread- Multigrain	Berliner	Mixed Grain Bread	30.0	1.13	450.0	0.34	135.0
Canada	Whole Wheat Mini Pita	Haddad Bakery	Flat Bread	40.0	1.13	450.0	0.45	180.0
Canada	Healthy Living Prebiotic Multigrain Bread	Dimpflmeier	Mixed Grain Bread	40.0	1.13	450.0	0.45	180.0
Canada	Bread - Squirrely, Sprouted Wheat	Silver Hills	Wholemeal bread	40.0	1.13	450.0	0.45	180.0
Canada	Dinner Rolls - Whole Grain, Gluten Free	Udi's	Wholemeal Bread, GF	40.0	1.13	450.0	0.45	180.0
Ecuador	Sanduchero Pan Blanco	Supermaxi	White Bread	30.0	1.13	450.0	0.34	135.0
Hong Kong	Super Soft Bread	Aeon/Yamazaki Bakery	White Bread	NA	1.13	450.0	NA	NA
Italy	Pan Bauletto	Mulino Bianco	White Bread	23.6	1.13	450.0	0.27	106.2
Japan	CHOHOJUN	YAMAZAKI	White Bread	NA	1.13	450.0	NA	NA
Japan	Royal Bread Gold	YAMAZAKI	White Bread	NA	1.13	450.0	NA	NA
New Zealand	Multigrain Sandwich	Pams	Mixed Grain Bread	61.0	1.13	450.0	0.69	274.5
New Zealand	Wheatmeal Sandwich	Pams	Wholemeal Bread	61.0	1.13	450.0	0.69	274.5
New Zealand	Multigrain Toast Slice Bread	Giant	Mixed Grain Bread	63.0	1.13	450.0	0.71	283.5
New Zealand	Gourmet Buns White	Vogel's	White Bread	71.0	1.13	450.0	0.80	319.5
New Zealand	Multigrain Toast	Pams	Mixed Grain Bread	74.0	1.13	450.0	0.83	333.0
New Zealand	Supersoft Honeygrain Toast	Tip Top	Mixed Grain Bread	74.0	1.13	450.0	0.83	333.0
New Zealand	White Toast	Pams	White Bread	74.0	1.13	450.0	0.83	333.0
New Zealand	Garlic Filled Pita Bread	Danny's	Flat Bread	78.0	1.13	450.0	0.88	351.0
New Zealand	Garlic Filled Wholemeal Pita Bread	Danny's	Flat Bread	78.0	1.13	450.0	0.88	351.0
Qatar	Samona	Qbake	White Bread	60.0	1.13	450.0	0.68	270.0
Serbia	ENERGY Bread	MERKATOR	Wholemeal Bread	78.4	1.13	450.0	0.88	352.6
Ecuador	Pan Especial Gourmet	Moderna	White Bread	29.0	1.12	448.3	0.33	130.0
Brazil	Traditional bread	Pullman	White Bread	50.0	1.12	448.0	0.56	224.0
Hong Kong	Kiwami Bread	A-1 Bakery	White Bread	NA	1.12	448.0	NA	NA
Spain	Pan de molde	LA HORNADA CASERA	White Bread	79	1.12	448.0	0.88	353.9
Canada	White Farmhouse Loaf, Gluten Free	Compliments	White Bread, GF	67.0	1.12	447.8	0.75	300.0
USA	DUTCH COUNTRY 100% WHOLE WHEAT BREAD	STOREHMANN	Wholemeal Bread	38.0	1.12	447.4	0.43	170.0
Canada	Gourmet Buns - Multigrain	Boulangerie ACE Bakery	Mixed Grain Bread	85.0	1.12	447.1	0.95	380.0
Hong Kong	Crustless Sandwich Bread	ParkenShop /Baker's Choice	White Bread	NA	1.12	447.0	NA	NA
USA	ORGANIC 100% WHOLE WHEAT BREAD	ALPINE VALLEY BAKERY	Wholemeal Bread	28.0	1.12	446.4	0.31	125.0
Ecuador	Pan Super Hamburguesa	Supan	White Bread	65.0	1.12	446.2	0.73	290.0
Malaysia	Massimo roti fine wholemeal	Massimo	Wholemeal Bread	70.0	1.12	446.0	0.78	312.2

New Zealand	White Pita Bread	Pams	Flat Bread	44.0	1.12	446.0	0.49	196.2
New Zealand	White Pita Bread Pockets	Pams	Flat Bread	44.0	1.12	446.0	0.49	196.2
New Zealand	Authentic Mediterranean Pita Breads	Giannis	Flat Bread	45.0	1.12	446.0	0.50	200.7
New Zealand	Authentic Mediterranean Pita Pockets White Packets	Giannis	Flat Bread	45.0	1.12	446.0	0.50	200.7
New Zealand	Authentic Mediterranean Big Pita Breads Traditional White	Giannis	Flat Bread	70.0	1.12	446.0	0.78	312.2
Canada	Greek Style Pita	Pita Delight	Flat Bread	92.0	1.11	445.7	1.03	410.0
Hong Kong	Thin Sliced Sandwich Bread	ParkenShop / Garden	White Bread	35.0	1.11	445.0	0.39	156.0
Hong Kong	Sandwich Bread	ParkenShop / Garden	White Bread	45.0	1.11	445.0	0.50	200.0
Hong Kong	Thick Toast Sandwich Bread	Aeon / Garden	White Bread	60.0	1.11	445.0	0.67	267.0
Hong Kong	Extra Thick Sandwich Bread	ParkenShop / Garden	White Bread	90.0	1.11	445.0	1.00	401.0
New Zealand	Long Rolls	Woolworths	White Bread	70.0	1.11	445.0	0.78	311.5
New Zealand	Hamburger Buns	Woolworths	White Bread	70.0	1.11	445.0	0.78	311.5
South Africa	Everyday farmstyle brown bread	Sunbake	Wholemeal Bread	75.0	1.11	445.0	0.83	333.8
Qatar	White bread	Qbake	White Bread	30.0	1.11	444.7	0.33	133.4
Japan	Chojuku domestic wheat	Pasco	White Bread	62.0	1.11	444.5	0.69	275.6
Japan	Chojuku mount type	Pasco	White Bread	62.0	1.11	444.5	0.69	275.6
Ecuador	Pan Blanco clasico	Supan	White Bread	54.0	1.11	444.4	0.60	240.0
USA	WHITE BREAD	SIMPLY BALANCED	White Bread	36.0	1.11	444.4	0.40	160.0
Canada	Whole Grains Pita Pockets - 100% Whole Grain Wheat	Dempster's	Flat Bread	45.0	1.11	444.4	0.50	200.0
Argentina	Lactal pan para panchos	Lactal	White Bread	50.0	1.11	444.0	0.56	222.0
Argentina	Pan para panchos	Lactal	White Bread	50.0	1.11	444.0	0.56	222.0
China	White toast	85	White Bread	NA	1.11	443.0	NA	NA
Qatar	Soft Buns	Qbake	White Bread	70.0	1.11	442.9	0.78	310.0
Japan	Chojuku	Pasco	White Bread	62.3	1.11	442.4	0.69	275.6
USA	100% WHOLE GRAIN	NATURE'S OWN	Wholemeal Bread	26.0	1.11	442.3	0.29	115.0
USA	100% WHOLE WHEAT BREAD	SIGNATURE KITCHEN	Wholemeal Bread	52.0	1.11	442.3	0.58	230.0
Argentina	Pan para panchos lacteado	Bimbo	White Bread	50.0	1.11	442.0	0.55	221.0
Hong Kong	Premium Sandwich Bread	Maxim (Saiwan)	White Bread	NA	1.11	442.0	NA	NA
Japan	Mochifuwa master's gem	KOBEYA	White Bread	64.9	1.10	441.0	0.72	286.2
Malaysia	Fine Wholemeal	Gardenia	Wholemeal Bread	61.5	1.10	441.0	0.68	271.2
Argentina	Carrefour pan con salvado	Carrefour	Wholemeal Bread	50.0	1.10	440.0	0.55	220.0
Argentina	Pan con salvado diet	Noly	Wholemeal Bread	50.0	1.10	440.0	0.55	220.0
Belgium	Pain de ferme blanc	Cora	White Bread	NA	1.10	440.0	NA	NA
Belgium	pain tigre blanc	Lidl	White Bread	35.0	1.10	440.0	0.39	154.0
Belgium	Intégral	Biaform	Wholemeal Bread	NA	1.10	440.0	NA	NA
Belgium	pro vital	Biaform	Wholemeal Bread	NA	1.10	440.0	NA	NA
Belgium	pain de ferme gris	Boni Selection (Colruyt)	Wholemeal Bread	NA	1.10	440.0	NA	NA
Belgium	complet	Fitaform	Wholemeal Bread	NA	1.10	440.0	NA	NA
Belgium	pain carré gris	Lidl	Wholemeal Bread	35.0	1.10	440.0	0.39	154.0
Belgium	pain complet	Lidl	Wholemeal Bread	35.0	1.10	440.0	0.39	154.0
Bulgaria	Bread with Many Seeds	MIO	Wholemeal Bread	35.0	1.10	440.0	0.39	154.0
Canada	Flatbread - Original	President's Choice	Flat Bread	50.0	1.10	440.0	0.55	220.0
Canada	Pita Bread - White	Pita Gourmet Mini	Flat Bread	50.0	1.10	440.0	0.55	220.0
Canada	Pita Bread, Mini, Whole Wheat	Pita Gourmet	Flat Bread	50.0	1.10	440.0	0.55	220.0
Canada	Calabrese Bread	Front Street Bakery	Mixed Grain Bread	50.0	1.10	440.0	0.55	220.0
Canada	White Ciabatta	Boulangerie ACE Bakery	White Bread	50.0	1.10	440.0	0.55	220.0
Canada	Gluten Free Hamburger Buns	President's Choice	White Bread, GF	75.0	1.10	440.0	0.83	330.0
China	plain sliced bread	Bimbo	White Bread	25.0	1.10	440.0	0.28	110.0
Denmark	Sødmælksfranskbrød	Møllestén	White Bread	40.0	1.10	440.0	0.44	176.0
Denmark	Smørbragt hotdog	Kohberg	White Bread	45.0	1.10	440.0	0.50	198.0
Denmark	Gluten Free Ciabatta	Schär	White Bread, GF	50.0	1.10	440.0	0.55	220.0
Denmark	Jannes solskinsboller	Kohberg	White Bread	65.0	1.10	440.0	0.72	286.0
Denmark	Stenovnsbagte hvede ciabatta	Kohberg	White Bread	70.0	1.10	440.0	0.77	308.0
Denmark	Naan brød	Coop	Flat Bread	NA	1.10	440.0	NA	NA
Denmark	Pitabrød	First price	Flat Bread	NA	1.10	440.0	NA	NA
Denmark	Hvedetoast	budget	White Bread	NA	1.10	440.0	NA	NA
Denmark	Hvedetoastbrød	Coop	White Bread	NA	1.10	440.0	NA	NA

Denmark	Lyst sandwichbrød	Coop	White Bread	NA	1.10	440.0	NA	NA
Denmark	Hvedetoast	Gamle Mølle	White Bread	NA	1.10	440.0	NA	NA
Denmark	Clubsandwich	Gestus	White Bread	NA	1.10	440.0	NA	NA
Denmark	Hvedepitabrød	Gestus	White Bread	NA	1.10	440.0	NA	NA
Denmark	Sødmælksfranskbrød	Gestus	White Bread	NA	1.10	440.0	NA	NA
Denmark	Økologisk ciabattabrød	Irmás	White Bread	NA	1.10	440.0	NA	NA
Denmark	Nyt Nordisk Sandwichbrød - Kartoffelflager	Kohberg	White Bread	NA	1.10	440.0	NA	NA
Denmark	Roast'n Toast	Pågen	White Bread	NA	1.10	440.0	NA	NA
Denmark	Det Gode Femkornsbrød	Schulstad	White Bread	NA	1.10	440.0	NA	NA
Denmark	Det Gode Skagensbrød	Schulstad	White Bread	NA	1.10	440.0	NA	NA
Denmark	Slesviger bondebrød	Schulstad	White Bread	NA	1.10	440.0	NA	NA
Denmark	Hvedetoast	Xtra	White Bread	NA	1.10	440.0	NA	NA
Denmark	Grov toast	Bakersfield	Wholemeal Bread	NA	1.10	440.0	NA	NA
Denmark	Fibertoast	Minimum	Wholemeal Bread	NA	1.10	440.0	NA	NA
Denmark	Mørkt kerneflute	REINH van HAUEN	Wholemeal Bread	NA	1.10	440.0	NA	NA
Finland	Puikula, täysjyväruis	Fazer	Wholemeal Bread	27.8	1.10	440.0	0.31	122.3
Finland	Puikula, kaura	Fazer	Wholemeal Bread	30	1.10	440.0	0.33	132.0
Finland	Paahto Täysjyvä	Fazer	Wholemeal Bread	25.0	1.10	440.0	0.28	110.0
Finland	Paahto Kaura & Hunaja	Fazer	Mixed Grain Bread	21.0	1.10	440.0	0.23	92.4
Finland	Retkieväs	LeipäAitta	Wholemeal Bread	29.4	1.10	440.0	0.32	129.4
Finland	Reissumies, täysjyväruis	Oululainen	Wholemeal Bread	29.0	1.10	440.0	0.32	127.6
Finland	Reissumies Tosi Tumma	Oululainen	Wholemeal Bread	35.0	1.10	440.0	0.39	154.0
Finland	Reissumies, kaura	Oululainen	Mixed Grain Bread	35.0	1.10	440.0	0.39	154.0
Finland	Reilu Vehnäseppaahto	Oululainen	White Bread	29.0	1.10	440.0	0.32	127.6
Finland	Reilu Vehnäpahto	Oululainen	White Bread	29.0	1.10	440.0	0.32	127.6
Finland	Ruispalat	Vaasan	Wholemeal Bread	27.5	1.10	440.0	0.30	121.0
Finland	Ruispalat Ohut Herkku	Vaasan	Wholemeal Bread	16.3	1.10	440.0	0.18	71.5
Finland	Kauratyynt	Vaasan	Mixed Grain Bread	30.0	1.10	440.0	0.33	132.0
Finland	100 % Kaura -palaleipä	Vaasan	Wholemeal Bread	33.3	1.10	440.0	0.37	146.5
Finland	Isopahto Monivilja	Vaasan	Mixed Grain Bread	27.6	1.10	440.0	0.30	121.4
Finland	Ranskanleipä	Vaasan	White Bread	25.0	1.10	440.0	0.28	110.0
Greece	SIKALHS	KARAMOLEGKOS	Wholemeal Bread	24.3	1.10	440.0	0.27	106.9
Hong Kong	7 Grain Bread	ParkenShop /Baker's Choice	Mixed Grain Bread	NA	1.10	440.0	NA	NA
Hungary	Teljes kiórlésú lágy szendvicshenyér	Öiz	Wholemeal Bread	NA	1.10	440.0	NA	NA
Italy	Bianco	Coop	White Bread	25.0	1.10	440.0	0.28	110.0
Japan	Royal Bread	YAMAZAKI	White Bread	NA	1.10	440.0	NA	NA
Malaysia	Canadian purple wheal 100% wholegrain	Gardenia	Wholemeal Bread	61.5	1.10	440.0	0.68	270.6
Malaysia	massimo roti sandwic grande	Massimo	White Bread	67.0	1.10	440.0	0.74	295.0
Morocco	Humberger Buns	JACQUET	White Bread	NA	1.10	440.0	NA	NA
New Zealand	Country Split Multi-Grain Bread	Quality Bakers	Mixed Grain Bread	43.0	1.10	440.0	0.47	189.2
New Zealand	White Sandwich	Tip Top Bakery	White Bread	61.0	1.10	440.0	0.67	268.4
New Zealand	Supersoft White Toast	Tip Top Bakery	White Bread	74.0	1.10	440.0	0.81	325.6
New Zealand	Kiwi Favourite Supersoft	Tip Top Bakery	White Bread	94.0	1.10	440.0	1.03	413.6
Qatar	Hot dog rolls	Carrs Foods Baker Street	White Bread	62.5	1.10	440.0	0.70	275.0
Qatar	Soft White Rolls	Carrs Foods Baker Street	White Bread	70.0	1.10	440.0	0.80	308.0
Spain	Chapatón	GOTRI	White Bread	NA	1.10	440.0	NA	NA
Spain	Pan de chapata sin gluten	Schär	White Bread, GF	50	1.10	440.0	0.55	220.0
Spain	Pan para hamburgesas	Carrefour	White Bread	90	1.10	440.0	0.99	396.0
Spain	Pan de hamburguesa	Hacendado	White Bread	55	1.10	440.0	0.61	242.0
Spain	Pan de molde sin corteza	Auchan	White Bread	28	1.10	440.0	0.31	123.2
Spain	Pan de molde 0% Azúcares añadidos	Bimbo	White Bread	28	1.10	440.0	0.31	123.2
Spain	Pan de molde sin corteza	Bimbo	White Bread	28	1.10	440.0	0.31	123.2
Spain	Pan de molde - Semillas de amapola	GOTRI	White Bread	NA	1.10	440.0	NA	NA
Spain	Pan de molde blanco	Hacendado	White Bread	29	1.10	440.0	0.32	127.6
Spain	Pan de perrito caliente	Hacendado	White Bread	55	1.10	440.0	0.61	242.0
Spain	Pan de molde integral sin corteza	Auchan	Wholemeal Bread	28	1.10	440.0	0.31	123.2
Spain	Semillas de sésamo y lino	Bimbo	Mixed Grain Bread	42	1.10	440.0	0.46	184.8

Spain	100% integral	Bimbo	Wholemeal Bread	39	1.10	440.0	0.43	171.6
Spain	Pan de molde integral	Carrefour	Wholemeal Bread	56	1.10	440.0	0.62	246.4
Spain	Integral	Bimbo	Wholemeal Bread	28	1.10	440.0	0.31	123.2
Spain	Pan de molde integral	LA HORNADA CASERA	Wholemeal Bread	27.8	1.10	440.0	0.31	122.3
Spain	Integral	MOLDI PAN	Wholemeal Bread	NA	1.10	440.0	NA	NA
Spain	Integral	ORTIZ	Wholemeal Bread	24	1.10	440.0	0.26	105.6
Spain	Blanco fibra - 8 cereales	PANRICO - SVELTIA	Mixed Grain Bread	22.5	1.10	440.0	0.25	99.0
Sweden	Jättefranska	Pågen	White Bread	46.0	1.10	440.0	0.51	202.4
Sweden	Harmoni balans	Fazer	Wholemeal Bread	NA	1.10	440.0	NA	NA
UK	Iceland Thick Sliced Soft White 800g	Iceland	White Bread	44.4	1.10	440.0	0.49	195.4
UK	Waitrose Duchy Organic Wholemeal Batch 800g	Waitrose	Wholemeal Bread	50.0	1.10	440.0	0.55	220.0
Japan	Danish bread	TOPVALU	White Bread	59.6	1.10	439.6	0.66	262.0
Costa Rica	Pan Blanco para Hot Dogs decorado con ajonjolí, adicionado con vitaminas y hierro	Bimbo	White Bread	40.6	1.10	438.1	0.45	178.0
Argentina	Bimbo liviano	Bimbo	White Bread	50.0	1.10	438.0	0.55	219.0
Brazil	Traditional bread, peeled	Pullman	White Bread	50.0	1.10	438.0	0.55	219.0
Hong Kong	Crustless Sandwich Bread	ParkenShop / Garden	White Bread	25.0	1.10	438.0	0.28	110.0
New Zealand	Wholemeal Sandwich	Farmers Mill	Wholemeal Bread	61.0	1.10	438.0	0.67	267.2
New Zealand	Wholemeal Toast	Farmers Mill	Wholemeal Bread	74.0	1.10	438.0	0.81	324.1
Canada	Flax Bread	Loblaws	Mixed Grain Bread	64.0	1.09	437.5	0.70	280.0
Ecuador	Pan Hamburguesa	Cyrano	White Bread	80.0	1.09	437.5	0.88	350.0
Australia	Healthy Bake Organic Sourdough Spelt	Poachers Pantry	Mixed Grain Bread	63.0	1.09	437.0	0.69	275.3
Ecuador	Pan integral benefit linaza	Moderna	Wholemeal Bread	78.0	1.09	435.9	0.85	340.0
Japan	Soft bread with sugar and margarine	TOPVALU	White Bread	90.0	1.09	435.6	0.98	392.0
Canada	Gluten Free Multigrain Loaf	President's Choice	Wholemeal Bread	62.0	1.09	435.5	0.68	270.0
Ecuador	Pan Blanco Sanduchero	Moderna	White Bread	31.0	1.09	435.5	0.34	135.0
Canada	Greek Pocketless Pita, 100% Whole Wheat	Haddad Bakery	Flat Bread	85.0	1.09	435.3	0.93	370.0
Canada	Greek Pocketless Pita, White	Haddad Bakery	Flat Bread	85.0	1.09	435.3	0.93	370.0
Costa Rica	Pan Artesano sabor Mantequilla	Bimbo	White Bread	31.3	1.09	435.2	0.34	136.0
Malaysia	Original Classic	Gardenia	White Bread	61.5	1.09	435.0	0.67	267.5
New Zealand	Country Split Italian Style Bread	Quality Bakers	White Bread	43.0	1.09	435.0	0.47	187.1
Oman	Buns	Carefour	Wholemeal Bread	69.5	1.09	434.8	0.76	302.2
Brazil	Traditional bread	Wickbold	White Bread	50.0	1.09	434.0	0.54	217.0
Malaysia	Roti Sandwic Putih	Gardenia	White Bread	55.0	1.09	434.0	0.60	238.7
Ecuador	Pan para Hot Dog	Cyrano	White Bread	60.0	1.08	433.3	0.65	260.0
Japan	Neo brown sugar roll	FUJIPAN	White Bread	30.0	1.08	433.1	0.32	129.9
Brazil	Whole wheat bread Grao Sabor 18 grains	Wickbold	Mixed Grain Bread	50.0	1.08	432.0	0.54	216.0
Brazil	Loaf bread light Estar Leve	Wickbold	White Bread	50.0	1.08	432.0	0.54	216.0
Bulgaria	Parlenka	Zarina-95	White Bread	NA	1.08	432.0	NA	NA
Costa Rica	Pan sin gluten con ajonjolí	Schnitzer	White Bread	100.0	1.08	432.0	1.08	432.0
New Zealand	Dinner Rolls	Paneton	White Bread	50.0	1.08	432.0	0.54	216.0
Canada	Organic Spelt Bread with Wild Rice	Dimpfleier	Mixed Grain Bread	51.0	1.08	431.4	0.55	220.0
Ecuador	Bimburger	Bimbo	White Bread	58.0	1.08	431.0	0.63	250.0
Argentina	Pan lacteado	Great Value	White Bread	50.0	1.08	430.0	0.54	215.0
Australia	Abbott's Village Bakery Harvest Seeds and Grains	George Weston Foods Ltd	Mixed Grain Bread	84.0	1.08	430.0	0.90	361.2
Japan	SHINSHOKKANSENGEN (round top type)	YAMAZAKI	White Bread	NA	1.08	430.0	NA	NA
Malaysia	Gardenia wholemeal	Gardenia	Wholemeal Bread	61.5	1.08	430.0	0.66	264.5
New Zealand	White Toast Fresh Sliced Bread	Value	White Bread	64.0	1.08	430.0	0.69	275.2
New Zealand	6 Hot Dog Rolls	Quality Bakers	White Bread	70.0	1.08	430.0	0.75	301.0
New Zealand	6 Long Roll	Quality Bakers	White Bread	70.0	1.08	430.0	0.75	301.0
New Zealand	Hamburger Buns	Quality Bakers	White Bread	70.0	1.08	430.0	0.75	301.0
New Zealand	Soy & Linseed Sandwich	Burgen	Mixed Grain Bread	74.0	1.08	430.0	0.80	318.2
New Zealand	Lebanese Bread Wheatmeal	Jabal	Flat Bread	80.0	1.08	430.0	0.86	344.0
New Zealand	Soy & Linseed Toast	Burgen	Mixed Grain Bread	83.0	1.08	430.0	0.89	356.9
New Zealand	Nature's Fresh	Quality Bakers	Wholemeal Bread	90.0	1.08	430.0	0.97	387.0
Spain	Barra de pan	DIA	White Bread	NA	1.07	429.2	NA	NA
Hong Kong	Choujuku White Bread	Panash Bakery	White Bread	NA	1.07	429.0	NA	NA
Canada	Ciabatta Multigrain Buns	President's Choice	Mixed Grain Bread	56.0	1.07	428.6	0.60	240.0

Canada	Flatbread - Naan	President's Choice Blue Menu	Flat Bread	63.0	1.07	428.6	0.68	270.0
USA	100% WHOLE WHEAT SANDWICH BREAD	CLOVER VALLEY	Wholemeal Bread	28.0	1.07	428.6	0.30	120.0
Australia	Has No... Gluten Free White Bread	Aldi	White Bread, GF	50.0	1.07	428.0	0.54	214.0
Brazil	Loaf bread zero sugar Estar Leve 10 grains	Wickbold	Mixed Grain Bread	50.0	1.07	428.0	0.54	214.0
Hong Kong	Honey & Oat Bran Bread	ParkenShop / Garden	Mixed Grain Bread	50.0	1.07	428.0	0.54	214.0
Argentina	Whole grains semillas con amapola, girasol, lino y avena	Oroweat	Mixed Grain Bread	50.0	1.07	426.0	0.53	213.0
Malaysia	Paratha Onion	Kawan	Flat Bread	80.0	1.07	426.0	0.85	340.8
Spain	Integral	GRANIER	Wholemeal Bread	NA	1.07	426.0	NA	NA
Ecuador	Pan blanco clasico	Moderna	White Bread	27.0	1.06	425.9	0.29	115.0
Costa Rica	Pan Blanco con Ajonjolí	Bimbo	White Bread	22.3	1.06	425.8	0.24	95.0
Japan	Chojuku rolls	Pasco	White Bread	37.0	1.06	425.6	0.39	157.5
Australia	Sonoma Whole Soybean & Linseed Sourdough	Sonoma Baking Company	Mixed Grain Bread	125.0	1.06	425.0	1.33	531.3
Canada	Mini Pita, White	Haddad Bakery	Flat Bread	40.0	1.06	425.0	0.43	170.0
Ecuador	Bimdogs	Bimbo	White Bread	40.0	1.06	425.0	0.43	170.0
Japan	rich Enjuku	KOBEYA	White Bread	53.2	1.06	425.0	0.57	226.0
New Zealand	Orginal Mixed Grain Very Thin Toast	Vogel's	Mixed Grain Bread	58.0	1.06	425.0	0.62	246.5
New Zealand	Original Mixed Grain Sandwich	Vogel's	Mixed Grain Bread	71.0	1.06	425.0	0.75	301.8
New Zealand	Original Mixed Grain Toast	Vogel's	Mixed Grain Bread	88.0	1.06	425.0	0.94	374.0
USA	100% WHOLE WHEAT BREAD	KLOSTERMAN	Wholemeal Bread	40.0	1.06	425.0	0.43	170.0
Ecuador	Pan Blanco Familiar	Moderna	White Bread	33.0	1.06	424.2	0.35	140.0
Canada	Crustini Buns - Extra Soft	Villaggio Toscana	White Bread	66.0	1.06	424.2	0.70	280.0
Serbia	Hrono bread without yeast	HLEB & KIFLE	Wholemeal Bread	NA	1.06	423.6	NA	NA
USA	100% WHOLE WHEAT	NATURE'S OWN	Wholemeal Bread	26.0	1.06	423.1	0.28	110.0
USA	NATURE'S HARVEST, 100% STONE GROUND WHOLE WHEAT	NATURE'S HARVEST	Wholemeal Bread	52.0	1.06	423.1	0.55	220.0
Serbia	chia rye bread	SKROZ DOBRA PEKARA	Mixed Grain Bread	19.7	1.06	422.4	0.21	83.0
Canada	Bread, Italian, Unsliced	Loblaws	White Bread	45.0	1.06	422.2	0.48	190.0
Hong Kong	Life Bread Contains Protein	Wellcome / Garden	White Bread	30.0	1.06	422.0	0.32	127.0
Hong Kong	Butter Sandwich Bread	ParkenShop / Garden	White Bread	50.0	1.06	422.0	0.53	211.0
New Zealand	Pita Bread	Signature Range	Flat Bread	50.0	1.06	422.0	0.53	211.0
New Zealand	Wholemeal Pita Bread	Signature Range	Flat Bread	50.0	1.06	422.0	0.53	211.0
Canada	Multi-Grain Bread	All Stars Bakery	Mixed Grain Bread	32.0	1.05	421.9	0.34	135.0
USA	DUTCH COUNTRY 100% WHOLE WHEAT	ARNOLD	Wholemeal Bread	38.0	1.05	421.1	0.40	160.0
Hong Kong	American Original Taste Wheat Bread	Aeon / Roman Meal	Wholemeal Bread	45.0	1.05	421.0	0.47	189.0
Oman	Samoon	Al-Dahabi	White Bread	48.5	1.05	420.5	0.51	203.7
Argentina	Pan tipo viena para chips	505	White Bread	50.0	1.05	420.0	0.53	210.0
Argentina	Pan tipo viena para super panchos	505	White Bread	50.0	1.05	420.0	0.53	210.0
Australia	Burgen Gluten Free White	George Weston Foods Ltd	White Bread, GF	86.0	1.05	420.0	0.90	361.2
Australia	Gluten free soy-lin	George Weston Foods Ltd	Mixed Grain Bread, GF	93.0	1.05	420.0	0.98	390.6
Belgium	Glutenvrij bruinbrood	Consenza (Albert Heijn)	Wholemeal Bread, GF	NA	1.05	420.0	NA	NA
Canada	Onebun Thin Hot Dog Buns, Multi Grain	Ozery Bakery	White Bread	50.0	1.05	420.0	0.53	210.0
Malaysia	Sandwic Loaf	Massimo	White Bread	67.0	1.05	421.0	0.71	282.0
New Zealand	Authentic Artisan Bread Sourdough Batard	Cottage Lane	Mixed Grain Bread	50.0	1.05	420.0	0.53	210.0
New Zealand	Turkish Wraps	Natural	Flat Bread	70.0	1.05	420.0	0.74	294.0
New Zealand	Hamburger Buns Sesame Seeds	Quality Bakers	White Bread	70.0	1.05	420.0	0.74	294.0
New Zealand	Sunflower & Canterbury Linseed	Ploughmans Bakery	Mixed Grain Bread	84.0	1.05	420.0	0.88	352.8
New Zealand	Wholemeal & Grains Bread	Ploughmans Bakery	Mixed Grain Bread	84.0	1.05	420.0	0.88	352.8
New Zealand	Gluten Free White Bread	Burgen	White Bread, GF	86.0	1.05	420.0	0.90	361.2
New Zealand	Gluten Free Soy & Linseed Bread	Burgen	Mixed Grain Bread, GF	93.0	1.05	420.0	0.98	390.6
UK	Hovis Lower Carb Soft & Tasty White Bread	Hovis	White Bread	36.0	1.05	420.0	0.38	151.2
China	salty nutrient bread	MANKATTAN	White Bread	NA	1.05	419.0	NA	NA
New Zealand	Original Gluten Free Bread	Liberte	White Bread, GF	39.0	1.05	419.0	0.41	163.4
Japan	wheat in Hokkaido rolls	Pasco	Wholemeal Bread	47.0	1.05	418.8	0.49	196.8
Canada	Bread - Sprouted Wheat	Silver Hills	Wholemeal bread	43.0	1.05	418.6	0.45	180.0
USA	100% WHOLE WHEAT BREAD	S.ROSEN'S	Wholemeal Bread	43.0	1.05	418.6	0.45	180.0
New Zealand	Ficelle Classique	Paneton	White Bread	120.0	1.05	418.0	1.25	501.6
Canada	Lebanese Style Pita Bread, White	Haddad Bakery	Flat Bread	67.0	1.04	417.9	0.70	280.0
Canada	Lebanese Style Pita Bread, Whole Wheat	Haddad Bakery	Flat Bread	67.0	1.04	417.9	0.70	280.0

Canada	Chia Seed Loaf, Gluten Free	Compliments	Mixed Grain Bread	67.0	1.04	417.9	0.70	280.0
Oman	Buns	Lulu Hypermarket	Wholemeal Bread	58.3	1.04	417.1	0.61	243.1
New Zealand	Wholemeal Sandwich	Tip Top Bakery	Wholemeal Bread	61.0	1.04	417.0	0.64	254.4
New Zealand	Wholemeal Toast	Tip Top Bakery	Wholemeal Bread	74.0	1.04	417.0	0.77	308.6
Canada	Multigrain Bread - Quinoa & Flax	President's Choice	Mixed Grain Bread	60.0	1.04	416.7	0.63	250.0
Canada	Buns - One Bun Organic Wheat	Ozery Bakery	Wholemeal Bread	60.0	1.04	416.7	0.63	250.0
Japan	gift from wheat whole-grain bread	Pasco	Wholemeal Bread	61.0	1.04	416.4	0.64	254.0
Australia	Helga's Lower Carb Wholemeal	Goodman Fielder Ltd	Wholemeal Bread	50.0	1.04	415.0	0.52	207.5
New Zealand	White Gluten Free Bread	Vogel's	White Bread, GF	65.0	1.04	415.0	0.67	269.8
Ecuador	Pan blanco sin corteza	Grile	White Bread	41.0	1.04	414.6	0.43	170.0
Canada	Sesame Bread	Rubschlager	White Bread	41.0	1.04	414.6	0.43	170.0
Canada	Hamburger Buns - Brioche Style	D'Italiano	White Bread	82.0	1.04	414.6	0.85	340.0
Japan	Yumehikata wheat and rice rolls	Pasco	Wholemeal Bread	38.0	1.04	414.4	0.39	157.5
Canada	60% Whole Wheat Kaiser Rolls	Loblaws	Wholemeal Bread	70.0	1.04	414.3	0.73	290.0
Canada	Bread - White Sub Rolls	Loblaws	White Bread	58.0	1.03	413.8	0.60	240.0
Canada	One Bun Multigrain - Thin Sandwich Buns	Ozery Bakery	Mixed Grain Bread	75.0	1.03	413.3	0.78	310.0
Canada	100% Whole Wheat Pita Bread	Haddad Bakery	Flat Bread	46.0	1.03	413.0	0.48	190.0
Canada	White Pita Bread	Haddad Bakery	Flat Bread	46.0	1.03	413.0	0.48	190.0
Canada	Gluten Free Loaf, Whole Wheat	All But Gluten	Wholemeal Bread	92.0	1.03	413.0	0.95	380.0
Japan	Yumehikara bran rolls	Pasco	Wholemeal Bread	33.0	1.03	412.1	0.34	136.0
Belgium	pain gris spécial carré	Everyday (Colruyt)	Wholemeal Bread	NA	1.03	412.0	NA	NA
Spain	14 cereales y semillas	Pan Rico	Mixed Grain Bread	31.1	1.03	412.0	0.32	128.1
UK	Hovis Granary Original 400g	Hovis	Wholemeal Bread	33.0	1.03	412.0	0.34	136.0
UK	Hovis Granary Thick 800g	Hovis	Wholemeal Bread	44.0	1.03	412.0	0.45	181.3
UK	Marks & Spencer Super Soft White Medium Sliced Bread 800g	Marks & Spencer	White Bread	80.0	1.03	412.0	0.82	329.6
UK	M&S The Bakery Super Soft White Thick Sliced 800g	Marks & Spencer	White Bread	94.0	1.03	412.0	0.97	387.3
Canada	Bread - Ancient Grains	Silver Hills	Mixed Grain Bread	34.0	1.03	411.8	0.35	140.0
Canada	Sprouted Organic Ancient Grains, Big Red's Bread	Silver Hills	Mixed Grain Bread	34.0	1.03	411.8	0.35	140.0
Canada	Gluten-Free Mountain White Bread	Canyon Bakehouse	White Bread, GF	34.0	1.03	411.8	0.35	140.0
Canada	Thin-Sliced Organic Loaf - Good Seed Bread	Dave's Killer Bread	Wholemeal bread	28.0	1.03	410.7	0.29	115.0
Hong Kong	English Bread	Apita / Yamazaki Bakery	White Bread	NA	1.03	410.0	NA	NA
Japan	Soft Bread	YAMAZAKI	White Bread	NA	1.03	410.0	NA	NA
New Zealand	Wholemeal Gluten Free Bread	Liberte	Wholemeal Bread, GF	39.0	1.03	410.0	0.40	159.9
New Zealand	Garlic Roti	Punjas	Flat Bread	50.0	1.03	410.0	0.51	205.0
New Zealand	Grain Batard	Cottage Lane	Mixed Grain Bread	50.0	1.03	410.0	0.51	205.0
New Zealand	Authentic Artisan Bread Pugliese	Cottage Lane	White Bread	50.0	1.03	410.0	0.51	205.0
New Zealand	White Bread Sandwich Sliced	Woolworths	White Bread	52.0	1.03	410.0	0.53	213.2
New Zealand	White Toast Slice Bread	Giant	White Bread	63.0	1.03	410.0	0.65	258.3
New Zealand	Nature's Fresh	Quality Bakers	Wholemeal Bread	70.0	1.03	410.0	0.72	287.0
New Zealand	Soft Mixed Grain Soft Sandwich	Vogel's	Mixed Grain Bread	71.0	1.03	410.0	0.73	291.1
New Zealand	Gluten Free Corn & Poppyseed Bread	Burgen	Mixed Grain Bread, GF	93.0	1.03	410.0	0.95	381.3
China	Germs toast	85	White Bread	NA	1.02	409.0	NA	NA
Canada	Bread - Enriched White	Dempster's Bakery	White Bread	71.0	1.02	408.5	0.73	290.0
Argentina	Fargo doble integral	Fargo	Wholemeal Bread	50.0	1.02	408.0	0.51	204.0
Canada	Bread - White Thin Sandwich	Wonder	White Bread	54.0	1.02	407.4	0.55	220.0
Canada	Bread Slices - Organic Steel Cut Oatmeal	Stone Mill Slow Crafted Bakehouse	Mixed Grain Bread	64.0	1.02	406.3	0.65	260.0
Hong Kong	Lite Sandwich Bread	ParkenShop / Garden	White Bread	40.0	1.02	406.0	0.41	162.0
Malaysia	Wholemeal Delight	Daily's	Wholemeal Bread	100.0	1.01	405.2	1.01	405.2
New Zealand	Soy & Linseed Toast	Vogel's	Mixed Grain Bread	85.0	1.01	405.0	0.86	344.3
New Zealand	Panini Traditional	Giannis	White Bread	100.0	1.01	405.0	1.01	405.0
Canada	Hot Dog Buns	Compliments	White Bread	42.0	1.01	404.8	0.43	170.0
Canada	Hot Dog Buns, Sliced	Wonder	White Bread	42.0	1.01	404.8	0.43	170.0
Canada	75% Wheat Kaiser Buns	Sobeys	Wholemeal Bread	84.0	1.01	404.8	0.85	340.0
Canada	Bread - 100% Whole Wheat Texas	Wonder	Wholemeal Bread	84.0	1.01	404.8	0.85	340.0
Japan	Ishigama plane roll	TAKAKI BAKERY	White Bread	68.2	1.01	404.0	0.69	275.4
Malaysia	Gardenia bran & wheatgerm	Gardenia	Wholemeal Bread	61.5	1.01	404.0	0.62	248.5
Canada	One Bun Multi Grain Thin Slider Buns	Ozery Bakery	Mixed Grain Bread	26.0	1.01	403.8	0.26	105.0

Canada	Multigrain Farmhouse Loaf (High Fibre)	Compliments	Mixed Grain Bread	67.0	1.01	403.0	0.68	270.0
China	wholemeal sliced bread	Bimbo	Wholemeal Bread	50.0	1.01	402.0	0.50	201.0
Australia	Gold Max Soft White	Gold Max	White Bread	60.0	1.00	401.0	0.60	240.6
Hong Kong	Giant Sandwich Bread	Wellcome / Garden	White Bread	40.0	1.00	401.0	0.40	160.0
Oman	Sliced	Al-Dahabi	White Bread	27.3	1.00	400.6	0.27	109.2
Argentina	Noly linea dorada multicereal	Noly	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Pan multicereal	Great Value	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Pan multicereal	Jumbo	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Pan multicereal blanco con fibras	De la panaderia	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Carrefour pan doble integral	Carrefour	Wholemeal Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Linea dorada multicereal	Noly	Wholemeal Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Pan doble integral con harina integral de trigo y centeno	De la panaderia	Wholemeal Bread	50.0	1.00	400.0	0.50	200.0
Argentina	Pan triple salvado	Pan	Wholemeal Bread	50.0	1.00	400.0	0.50	200.0
Australia	Gluten Free Meisterbackers Vital	Schär	Mixed Grain Bread, GF	32.0	1.00	400.0	0.32	128.0
Australia	Mighty Soft Multigrain Sandwich	Goodman Fielder Ltd	Mixed Grain Bread	52.0	1.00	400.0	0.52	208.0
Australia	Coles White Sandwich	Coles	White Bread	56.5	1.00	400.0	0.57	226.0
Australia	Mighty Soft White Sandwich	Goodman Fielder Ltd	White Bread	59.0	1.00	400.0	0.59	236.0
Australia	Mighty Soft Wholemeal Sandwich	Goodman Fielder Ltd	Wholemeal Bread	59.0	1.00	400.0	0.59	236.0
Australia	Coles Multigrain Sandwich	Coles	Mixed Grain Bread	59.1	1.00	400.0	0.59	236.4
Australia	Coles Wholemeal Sandwich	Coles	Wholemeal Bread	59.1	1.00	400.0	0.59	236.4
Australia	Gold Max Soft Grain	Gold Max	Mixed Grain Bread	60.0	1.00	400.0	0.60	240.0
Australia	Tip Top Sunblest Soft Multigrain Sandwich	George Weston Foods Ltd	Mixed Grain Bread	60.0	1.00	400.0	0.60	240.0
Australia	Tip Top Sunblest Soft White Sandwich	George Weston Foods Ltd	White Bread	60.0	1.00	400.0	0.60	240.0
Australia	Gold Max Tasty Brown	Gold Max	Wholemeal Bread	60.0	1.00	400.0	0.60	240.0
Australia	Tip Top Sunblest Soft Wholemeal Sandwich	George Weston Foods Ltd	Wholemeal Bread	60.0	1.00	400.0	0.60	240.0
Australia	Tip Top 9 Grain Mini Loaf Original	George Weston Foods Ltd	Mixed Grain Bread	67.0	1.00	400.0	0.67	268.0
Australia	Tip Top Sunblest Mini Loaf Soft White	George Weston Foods Ltd	White Bread	67.0	1.00	400.0	0.67	268.0
Australia	White farmhouse loaf	NA	White Bread	67.0	1.00	400.0	0.67	268.0
Australia	Bakers Life White Toast Sliced	Aldi	White Bread	68.0	1.00	400.0	0.68	272.0
Australia	Tip Top Sunblest Soft White Thick	George Weston Foods Ltd	White Bread	68.5	1.00	400.0	0.69	274.0
Australia	Helga's Continental Bakehouse Lower Carb 5 Seeds	Goodman Fielder Ltd	Mixed Grain Bread	70.0	1.00	400.0	0.70	280.0
Australia	Helga's Continental Bakehouse Lower Carb Wholemeal and Seed	Goodman Fielder Ltd	Mixed Grain Bread	70.0	1.00	400.0	0.70	280.0
Australia	Helga's Continental Bakehouse Soy & Toasted Sesame Lower Carb	Goodman Fielder Ltd	Mixed Grain Bread	70.0	1.00	400.0	0.70	280.0
Australia	IGA Baker's Oven White Hi-Fibre	Quality Bakers Pty Ltd	White Bread	70.0	1.00	400.0	0.70	280.0
Australia	Gluten free and dairy free white	Goodman Fielder Ltd	White Bread, GF	70.0	1.00	400.0	0.70	280.0
Australia	Coles High Fibre Wholemeal Sandwich Loaf	Coles	Wholemeal Bread	70.0	1.00	400.0	0.70	280.0
Australia	IGA Baker's Oven Wholemeal Hi-Fibre	Quality Bakers Pty Ltd	Wholemeal Bread	70.0	1.00	400.0	0.70	280.0
Australia	Coles White Toast Bread	Coles	White Bread	72.2	1.00	400.0	0.72	288.8
Australia	Mighty Soft White Toast	Goodman Fielder Ltd	White Bread	72.5	1.00	400.0	0.73	290.0
Australia	Coles High Fibre Multigrain Sandwich Loaf	Coles	Mixed Grain Bread	73.7	1.00	400.0	0.74	294.8
Australia	Bakers Life Grain Wise Original with 9 Grains & Seeds Sliced Bread	Aldi	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
Australia	Molenberg Grain & Seed Original	Goodman Fielder Ltd	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
Australia	Tip Top 9 Grain Original	George Weston Foods Ltd	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
Australia	White Smooth Wholegrain Sandwich	Goodman Fielder Ltd	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
Australia	Woolworths Select Mixed Wholegrain Sandwich	Woolworths	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
Australia	Bakers Life Viva Plus White High Fibre	Aldi	White Bread	74.0	1.00	400.0	0.74	296.0
Australia	Hi Fibre + Vitamins & Minerals Sandwich	Goodman Fielder Ltd	White Bread	74.0	1.00	400.0	0.74	296.0
Australia	Tip Top Extra Protein White	George Weston Foods Ltd	White Bread	74.0	1.00	400.0	0.74	296.0
Australia	Tip Top The One White Sandwich	George Weston Foods Ltd	White Bread	74.0	1.00	400.0	0.74	296.0
Australia	White Hi Fibre Sandwich	Goodman Fielder Ltd	White Bread	74.0	1.00	400.0	0.74	296.0
Australia	Bakers Life Viva Plus Wholemeal Smooth	Aldi	Wholemeal Bread	74.0	1.00	400.0	0.74	296.0
Australia	Smooth Wholemeal + Iron Sandwich	Goodman Fielder Ltd	Wholemeal Bread	74.0	1.00	400.0	0.74	296.0
Australia	Woolworths Select Smooth Wholemeal Sandwich	Woolworths	Wholemeal Bread	74.0	1.00	400.0	0.74	296.0
Australia	Helga's Continental Bakehouse Ancient Grains with Quinoa	Goodman Fielder Ltd	Mixed Grain Bread	77.0	1.00	400.0	0.77	308.0
Australia	Coles High Fibre White Toast Loaf	Coles	White Bread	77.8	1.00	400.0	0.78	311.2
Australia	Bakers Life Kornig 14 Seeds & Grains	Aldi	Mixed Grain Bread	78.0	1.00	400.0	0.78	312.0
Australia	Gluten free and dairy free multigrain	Goodman Fielder Ltd	Mixed Grain Bread, GF	78.0	1.00	400.0	0.78	312.0

Australia	Helga's Gluten Free 5 Seeds	Goodman Fielder Ltd	Mixed Grain Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Helga's Gluten Free Soy and Linseed	George Weston Foods Ltd	Mixed Grain Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Helga's Gluten Free Sunflower and Red Quinoa	George Weston Foods Ltd	Mixed Grain Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Woolworths Free from Gluten Seed & Grains	Woolworths	Mixed Grain Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Tip Top The One White Toast	George Weston Foods Ltd	White Bread	78.0	1.00	400.0	0.78	312.0
Australia	Woolworths Free from gluten white	Woolworths	White Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Helga's Gluten Free Wholemeal	George Weston Foods Ltd	Wholemeal Bread, GF	78.0	1.00	400.0	0.78	312.0
Australia	Helga's Continental Bakehouse Pumpkin Seed & Grain	Goodman Fielder Ltd	Mixed Grain Bread	80.0	1.00	400.0	0.80	320.0
Australia	Hi Fibre + Vitamins & Minerals Toast	Goodman Fielder Ltd	White Bread	82.0	1.00	400.0	0.82	328.0
Australia	Abbott's Village Bakery Oats, Grains & Sunflower Seeds	George Weston Foods Ltd	Mixed Grain Bread	83.0	1.00	400.0	0.83	332.0
Australia	Burgen Pumpkin Seeds	George Weston Foods Ltd	Mixed Grain Bread	83.0	1.00	400.0	0.83	332.0
Australia	Helga's Continental Bakehouse Traditional White	Goodman Fielder Ltd	White Bread	83.0	1.00	400.0	0.83	332.0
Australia	Helga's Continental Bakehouse Traditional Wholemeal	Goodman Fielder Ltd	Wholemeal Bread	83.0	1.00	400.0	0.83	332.0
Australia	Abbott's Village Bakery Rustic White	George Weston Foods Ltd	White Bread	84.0	1.00	400.0	0.84	336.0
Australia	Traditional High Top White Bread	Coles	White Bread	84.0	1.00	400.0	0.84	336.0
Australia	Woolworths Simply Soft Country White	Woolworths	White Bread	84.0	1.00	400.0	0.84	336.0
Australia	Abbott's Village Bakery Farmhouse Wholemeal	George Weston Foods Ltd	Wholemeal Bread	84.0	1.00	400.0	0.84	336.0
Australia	Traditional High Top Wholemeal Bread	Coles	Wholemeal Bread	84.0	1.00	400.0	0.84	336.0
Australia	Woolworths Wholesome Country Wholemeal	Woolworths	Wholemeal Bread	84.0	1.00	400.0	0.84	336.0
Australia	Gluten Free Sunflower and Chia Seeds	George Weston Foods Ltd	Mixed Grain Bread, GF	93.0	1.00	400.0	0.93	372.0
Australia	Helga's Continental Bakehouse Soy & Linseed	Goodman Fielder Ltd	Mixed Grain Bread	94.0	1.00	400.0	0.94	376.0
Australia	Helga's Continental Bakehouse Traditional Mixed Grain	Goodman Fielder Ltd	Mixed Grain Bread	94.0	1.00	400.0	0.94	376.0
Australia	Helga's Continental Bakehouse Wholemeal Grain	Goodman Fielder Ltd	Mixed Grain Bread	94.0	1.00	400.0	0.94	376.0
Australia	Abbott's Village Bakery Country grains	George Weston Foods Ltd	Mixed Grain Bread	95.0	1.00	400.0	0.95	380.0
Australia	Bakers Life Bakehouse Mixed Grain	Aldi	Mixed Grain Bread	95.0	1.00	400.0	0.95	380.0
Australia	Traditional High Top Mixed Grain Bread	Coles	Mixed Grain Bread	95.0	1.00	400.0	0.95	380.0
Australia	Traditional High Top Soy & Linseed Bread	Coles	Mixed Grain Bread	95.0	1.00	400.0	0.95	380.0
Australia	Woolworths Select 6 Grain & Rustic Country Wholegrain	Woolworths	Mixed Grain Bread	95.0	1.00	400.0	0.95	380.0
Australia	Abbott's Village Bakery Rainy Wholemeal	George Weston Foods Ltd	Wholemeal Bread	95.0	1.00	400.0	0.95	380.0
Australia	Lawson's Traditional Bread Settlers Grain	Goodman Fielder Ltd	Mixed Grain Bread	114.0	1.00	400.0	1.14	456.0
Australia	Lawson's Traditional Bread Original White	Goodman Fielder Ltd	White Bread	114.0	1.00	400.0	1.14	456.0
Australia	Lawson's Traditional Bread Stone Mill Wholemeal	Goodman Fielder Ltd	Wholemeal Bread	114.0	1.00	400.0	1.14	456.0
Belgium	Casino wit (vers ingevroren)	Albert Heijn	White Bread	NA	1.00	400.0	NA	NA
Belgium	pain blanc NO GLUTEN	Delhaize	White Bread, GF	NA	1.00	400.0	NA	NA
Belgium	pain blanc sans gluten	Schär	White Bread, GF	NA	1.00	400.0	NA	NA
Belgium	Boerenbruin zonnebloempit	Albert Heijn	Wholemeal Bread	NA	1.00	400.0	NA	NA
Belgium	pain vital sans gluten	Schär	Wholemeal Bread, GF	NA	1.00	400.0	NA	NA
Belgium	pain complet spécial	Aldi	Wholemeal Bread	NA	1.00	400.0	NA	NA
Belgium	pain gris NO GLUTEN	Delhaize	Wholemeal Bread, GF	NA	1.00	400.0	NA	NA
Bulgaria	VITA with Chia and Buckwheat	Dobrudjanski Hliab	Mixed Grain Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA with Rye seeds	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA "Silhouette" with Einkorn	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA "Fitness" with Sunflower, Hemp and Flax seeds	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA "Silhouette" Classic	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA with 6 type of seeds	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	VITA with wheat sprouts	Dobrudjanski Hliab	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
Bulgaria	Bread "Vital Activ"	NIPEX	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Bulgaria	Eincorn (100%)	MIO	White Bread	NA	1.00	400.0	NA	NA
Bulgaria	Sliced Brown Bread	Simid Sofia	Wholemeal Bread	NA	1.00	400.0	NA	NA
Canada	Onebun Thin Sandwich Buns, Multi Grain	Ozery Bakery	Mixed Grain Bread	40.0	1.00	400.0	0.40	160.0
Canada	Mini Pitas, Regular	Ozery Bakery	Flat Bread	45.0	1.00	400.0	0.45	180.0
Canada	Bread - Flax And Quinoa	Country Harvest	Mixed Grain Bread	45.0	1.00	400.0	0.45	180.0
Canada	Bread - Oat & Honey	Country Harvest	Mixed Grain Bread	45.0	1.00	400.0	0.45	180.0
Canada	Organic Loaf - 21 Whole Grains and Seeds	Dave's Killer Bread	Mixed Grain Bread	45.0	1.00	400.0	0.45	180.0
Canada	Bread - Protein	Country Harvest	Wholemeal Bread	45.0	1.00	400.0	0.45	180.0
Canada	Bread - Ontario Red Fife	Sobeys	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
Canada	Bread, Organic Sprouted Grain Square	Premiere Moisson	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0

Canada	Walnut Sourdough Bread	Premiere Moisson	Wholemeal bread	50.0	1.00	400.0	0.50	200.0
Canada	Bread - Sprouted Flax	Stonemill Bakehouse	Mixed Grain Bread	60.0	1.00	400.0	0.60	240.0
Canada	PC Thins - Multigrain Buns	President's Choice	Mixed Grain Bread	60.0	1.00	400.0	0.60	240.0
Canada	Stone Mill Loaf, 11 Whole Grains	Stonemill Slow Crafted Bakehouse	Mixed Grain Bread	60.0	1.00	400.0	0.60	240.0
Canada	100% Whole Wheat Panini Rolls	Metro	Wholemeal Bread	65.0	1.00	400.0	0.65	260.0
Canada	Bread - White	Wonder	White Bread	75.0	1.00	400.0	0.75	300.0
Canada	Bread - 100% Whole Wheat	Wonder	Wholemeal Bread	75.0	1.00	400.0	0.75	300.0
Canada	Bread - 100% Whole Wheat + Fibre	Wonder	Wholemeal Bread	75.0	1.00	400.0	0.75	300.0
Costa Rica	Pan Tostado Blanco	Bimbo	White Bread	15.0	1.00	400.0	0.15	60.0
Denmark	Gluten free vital	Schär	White Bread, GF	32.0	1.00	400.0	0.32	128.0
Denmark	Gluten free Sandwich Mehrkorn	Schär	Wholemeal Bread, GF	40.0	1.00	400.0	0.40	160.0
Denmark	Multikerne sandwich	Schulstad Levebrød	Wholemeal Bread	44.0	1.00	400.0	0.44	176.0
Denmark	Gluten Free Surdejsbrød	Schär	Wholemeal Bread, GF	48.0	1.00	400.0	0.48	192.0
Denmark	Mørk multikerne sandwich	Schulstad Levebrød	Wholemeal Bread	49.0	1.00	400.0	0.49	196.0
Denmark	Gluten Free Ciabatta Rustica	Schär	White Bread, GF	50.0	1.00	400.0	0.50	200.0
Denmark	Pitabrød fuldkorn	Coop	Flat Bread	NA	1.00	400.0	NA	NA
Denmark	6 pitta breads	Rivercode	Flat Bread	NA	1.00	400.0	NA	NA
Denmark	Naan med hvidløg og koriander	Vores naan	Flat Bread	NA	1.00	400.0	NA	NA
Denmark	Naan naturel	Vores naan	Flat Bread	NA	1.00	400.0	NA	NA
Denmark	Hotdogbrød pølsebrød	Coop	White Bread	NA	1.00	400.0	NA	NA
Denmark	Äntligen	Pågen	White Bread	NA	1.00	400.0	NA	NA
Denmark	Levain surdejsbrød	Pågen	White Bread	NA	1.00	400.0	NA	NA
Denmark	Pågen Limpan	Pågen	White Bread	NA	1.00	400.0	NA	NA
Denmark	Sødmælksbrød	Schulstad	White Bread	NA	1.00	400.0	NA	NA
Denmark	Fuldkornsburgerboller	Coop	Wholemeal Bread	NA	1.00	400.0	NA	NA
Denmark	Fuldkornspitabrød	Gestus	Wholemeal Bread	NA	1.00	400.0	NA	NA
Denmark	LantGoda	Pågen	Wholemeal Bread	NA	1.00	400.0	NA	NA
Denmark	Gluten Free Trio three-seeds	Semper	Wholemeal Bread, GF	NA	1.00	400.0	NA	NA
Ecuador	Pan blanco benefit chia y te verde	Moderna	White Bread	60.0	1.00	400.0	0.60	240.0
Ecuador	Pan blanco benefit colageno	Moderna	White Bread	60.0	1.00	400.0	0.60	240.0
Ecuador	Pan integral fibra	Bimbo	Wholemeal Bread	30.0	1.00	400.0	0.30	120.0
Ecuador	Pan integral sin levadura	Maxipan	White Bread	15.0	1.00	400.0	0.15	60.0
Finland	Isopaahto Graham	Vaasan	White Bread	27.8	1.00	400.0	0.28	111.2
Hungary	Korpás kenyér	Vita	Wholemeal Bread	100.0	1.00	400.0	1.00	400.0
Hungary	Pane 4 Cereali Körnerbrot	Jaus	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Italy	Gran bauletto	Mulino Bianco	Wholemeal Bread	38.5	1.00	400.0	0.39	154.0
Italy	Pane 4 cereali	Daily Bread	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Italy	Pane rustico ai semi	Cereal	Wholemeal Bread, GF	NA	1.00	400.0	NA	NA
Japan	Ishigama British bread	TAKAKI BAKERY	White Bread	51.9	1.00	400.0	0.52	207.8
Japan	Ishigama Koshihikari brown rice	TAKAKI BAKERY	Wholemeal Bread	56.3	1.00	400.0	0.56	225.3
New Zealand	Real Farmhouse Gluten Free Bread	Bakeworks	White Bread, GF	30.0	1.00	400.0	0.30	120.0
New Zealand	Sunflower & Linseed Gluten Free Bread	Liberte	Mixed Grain Bread	39.0	1.00	400.0	0.39	156.0
New Zealand	Multigrain Toast Fresh Sliced Bread	Value	Mixed Grain Bread	64.0	1.00	400.0	0.64	256.0
New Zealand	Chia & Toasted Sesame	Vogel's	Mixed Grain Bread, GF	73.0	1.00	400.0	0.73	292.0
New Zealand	Grains Plus Toast	Molenberg	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Soy & Linseed Toast	Molenberg	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Tip Top Bakery	Oatlicious	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Hi-Protein with Soy & Linseed	Tip Top	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Goodness Grains Original	Tip Top Bakery	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Goodness Grains Soy & Linseed Toast	Tip Top Bakery	Mixed Grain Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Hi-Protein with Oats	Tip Top Bakery	White Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	The One Toast	Tip Top Bakery	White Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	Gourmet Buns Wholemeal	Vogel's	Wholemeal Bread	74.0	1.00	400.0	0.74	296.0
New Zealand	European Style Bread Swiss Soya Linseed	Frey's	Mixed Grain Bread	83.0	1.00	400.0	0.83	332.0
New Zealand	Vienna Traditional White	Frey's	White Bread	83.0	1.00	400.0	0.83	332.0
New Zealand	Country Grains	Ploughmans Bakery	Mixed Grain Bread	84.0	1.00	400.0	0.84	336.0
New Zealand	Otago Oats & Seeds	Ploughmans Bakery	Mixed Grain Bread	84.0	1.00	400.0	0.84	336.0

New Zealand	Soy and Canterbury Linseed	Ploughmans Bakery	Mixed Grain Bread	84.0	1.00	400.0	0.84	336.0
New Zealand	Rustic White Bread	Ploughmans Bakery	White Bread	84.0	1.00	400.0	0.84	336.0
New Zealand	Farmhouse Wholemeal	Ploughmans Bakery	Wholemeal Bread, GF	84.0	1.00	400.0	0.84	336.0
New Zealand	Chia & Toasted Sesame Toast	Vogel's	Mixed Grain Bread	85.0	1.00	400.0	0.85	340.0
New Zealand	Sunflower & Chia Seed	Burgen	Mixed Grain Bread	93.0	1.00	400.0	0.93	372.0
New Zealand	Goodness Grains	Tip Top	Mixed Grain Bread	94.0	1.00	400.0	0.94	376.0
New Zealand	Oatlicious Superthick Toast	Tip Top Bakery	Mixed Grain Bread	94.0	1.00	400.0	0.94	376.0
New Zealand	The One Superthick Toast	Tip Top Bakery	White Bread	94.0	1.00	400.0	0.94	376.0
New Zealand	Real Soft Torpedo Rolls Gluten Free Bread	Bakeworks	White Bread, GF	105.0	1.00	400.0	1.05	420.0
New Zealand	Turkish Pide Gluten Free Bread	Bakeworks	Flat Bread	110.0	1.00	400.0	1.10	440.0
Qatar	Organic Sunflower Seed Bread	Mestemacher	Wholemeal Bread	72.0	1.00	400.0	0.70	288.0
Qatar	Millet Whole Grain Bread	Biona Organic	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Qatar	Sliced Brown Bread (S)	Qbake	Wholemeal Bread	NA	1.00	400.0	NA	NA
South Africa	Low GI dumpy wholewheat brown bread	Sasko	Wholemeal Bread	55.0	1.00	400.0	0.55	220.0
South Africa	Low GI All in One white bread	Sasko	White Bread	80.0	1.00	400.0	0.80	320.0
South Africa	High fibre white bread	Woolworths	White Bread	80.0	1.00	400.0	0.80	320.0
Spain	8 cereales	Bimbo	Mixed Grain Bread	29	1.00	400.0	0.29	116.0
Spain	8 cereales	Bimbo	Mixed Grain Bread	28	1.00	400.0	0.28	112.0
Spain	14 cereales y semillas	PANRICO - CEREBALIA	Mixed Grain Bread	31.1	1.00	400.0	0.31	124.4
Spain	Hot dogs bread	Carrefour	White Bread	55	1.00	400.0	0.55	220.0
Spain	Sin corteza	DIA	White Bread	28	1.00	400.0	0.28	112.0
Spain	Sin corteza - blanco	DULCESOL	White Bread	28.1	1.00	400.0	0.28	112.4
Spain	Pan de molde sin gluten	Schär	White Bread, GF	27	1.00	400.0	0.27	108.0
Spain	Pan de molde Omega-3 Lino	Bimbo	White Bread	28	1.00	400.0	0.28	112.0
Spain	Pipas	Bimbo	Mixed Grain Bread	42	1.00	400.0	0.42	168.0
Spain	Integral sin corteza	Bimbo	Wholemeal Bread	28	1.00	400.0	0.28	112.0
Spain	Pan de molde 8 cereales	Bimbo	Mixed Grain Bread	29	1.00	400.0	0.29	116.0
Spain	Pan de molde sin corteza 8 cereales	Bimbo	Mixed Grain Bread	28	1.00	400.0	0.28	112.0
Spain	Integral sin corteza	Día	Wholemeal Bread	28	1.00	400.0	0.28	112.0
Spain	Pan con semillas	GERBLÉ	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Spain	Pan integral con 5 cereales y semillas	SEMILLAS	Mixed Grain Bread	NA	1.00	400.0	NA	NA
Spain	Pan trigo sarraceno y girasol	Veritas	Wholemeal Bread	NA	1.00	400.0	NA	NA
Spain	Pan de cereales sin gluten	Schär	Wholemeal Bread, GF	32	1.00	400.0	0.32	128.0
Spain	Pan de chapata integral sin gluten	Schär	Wholemeal Bread, GF	50	1.00	400.0	0.50	200.0
Sweden	Kneipp	Pågen	White Bread	36.0	1.00	400.0	0.36	144.0
Sweden	Lantgoda	Pågen	White Bread	36.0	1.00	400.0	0.36	144.0
Sweden	Kärnsund	Pågen	White Bread	44.0	1.00	400.0	0.44	176.0
Sweden	Energi	Pågen	Wholemeal Bread	44.0	1.00	400.0	0.44	176.0
Sweden	Orginalrost	Skogaholm	White Bread	NA	1.00	400.0	NA	NA
Sweden	Råg eko	Fazer	Wholemeal Bread	NA	1.00	400.0	NA	NA
Sweden	Rallarhalvor	Fazer	Wholemeal Bread	NA	1.00	400.0	NA	NA
UK	Tesco White Danish 400g	Tesco	White Bread	22.0	1.00	400.0	0.22	88.0
UK	Warburtons Premium Brown Medium Sliced Bread 400g	Warburtons	Wholemeal Bread	23.7	1.00	400.0	0.24	94.8
UK	Warburtons Danish Lighter White Bread 400g	Warburtons	White Bread	25.8	1.00	400.0	0.26	103.2
UK	Weight Watchers Thick Sliced Wholemeal Bread 400g	Weight Watchers	Wholemeal Bread	28.6	1.00	400.0	0.29	114.4
UK	Warburtons Crusty Premium White Sliced Loaf 400g	Warburtons	White Bread	30.5	1.00	400.0	0.31	122.0
UK	Aldi Specially Selected Sunflower & Pumpkin Mini Loaf 400g	Aldi	Mixed Grain Bread	33.0	1.00	400.0	0.33	132.0
UK	Tesco Finest Sourdough Farmhouse 400g	Tesco	White Bread	33.0	1.00	400.0	0.33	132.0
UK	Tesco Wholemeal Medium 440g	Tesco	Wholemeal Bread	36.0	1.00	400.0	0.36	144.0
UK	Kingsmill Tasty Wholemeal Sliced Baked Loaf 800g	Allied Bakeries	Wholemeal Bread	40.0	1.00	400.0	0.40	160.0
UK	Tesco White Medium 800g	Tesco	White Bread	40.0	1.00	400.0	0.40	160.0
UK	Waitrose Love Life Stoneground Wholemeal Thick Sliced 800g	Waitrose	Wholemeal Bread	40.0	1.00	400.0	0.40	160.0
UK	Kingsmill Soft White 800g	Allied Bakeries	White Bread	40.0	1.00	400.0	0.40	160.0
UK	Waitrose Soft White Medium Sliced Bread 800g	Waitrose	White Bread	40.0	1.00	400.0	0.40	160.0
UK	Warburtons Golden Wheat Thick Sliced Brown Bread 400g	Warburtons	Wholemeal Bread	40.0	1.00	400.0	0.40	160.0
UK	Rowan Hill Bakery Soft Medium White 800g	Lidl	White Bread	40.0	1.00	400.0	0.40	160.0
UK	Tesco Wholemeal Medium 800g	Tesco	Wholemeal Bread	40.0	1.00	400.0	0.40	160.0

UK	Warburtons Farmhouse Soft Brown 800g	Warburtons	Wholemeal Bread	42.4	1.00	400.0	0.42	169.6
UK	Co-op Farmhouse White Loaf 800g	The Co-Operative	White Bread	44.0	1.00	400.0	0.44	176.0
UK	Marks & Spencer The Bakery Wheatgerm Loaf 400g	Marks & Spencer	Mixed Grain Bread	44.0	1.00	400.0	0.44	176.0
UK	Tesco Wholemeal Soft Farmhouse 800g	Tesco	Wholemeal Bread	44.0	1.00	400.0	0.44	176.0
UK	Rowan Hill White Farmhouse 800g	Lidl	White Bread	44.0	1.00	400.0	0.44	176.0
UK	Tesco Finest Super Seeded Farmhouse 800g	Tesco	Mixed Grain Bread	44.0	1.00	400.0	0.44	176.0
UK	Tesco White Soft Farmhouse 800g	Tesco	White Bread	44.0	1.00	400.0	0.44	176.0
UK	Tesco Finest Super Grain Farmhouse 800g	Tesco	Mixed Grain Bread	44.0	1.00	400.0	0.44	176.0
UK	Tesco Finest White Cob 800g	Tesco	White Bread	44.0	1.00	400.0	0.44	176.0
UK	Allinson's Classic Wholemeal 650g	Allinson	Wholemeal Bread	46.0	1.00	400.0	0.46	184.0
UK	Co-op White Toastie 800g	The Co-Operative	White Bread	50.0	1.00	400.0	0.50	200.0
UK	Lidl Rowan Hill Bakery Thick White Toastie 800g	Lidl	White Bread	50.0	1.00	400.0	0.50	200.0
UK	Tesco Multiseed Soft Farmhouse 800g	Tesco	Mixed Grain Bread	50.0	1.00	400.0	0.50	200.0
UK	Tesco White Toastie Thick 800g	Tesco	White Bread	50.0	1.00	400.0	0.50	200.0
UK	Waitrose Thick Sliced Soft White Farmhouse Loaf 800g	Waitrose	White Bread	50.0	1.00	400.0	0.50	200.0
UK	Irwin's Irish Batch	Irwin's Bakery	Wholemeal Bread	73.0	1.00	400.0	0.73	292.0
UK	Irwin's Irish Batch White 400g	Irwin's Bakery	White Bread	73.0	1.00	400.0	0.73	292.0
UK	M&S The Bakery Super Soft Wholemeal Medium Sliced 400g	Marks & Spencer	Wholemeal Bread	73.0	1.00	400.0	0.73	292.0
UK	Sunrise Bakery Caribbean Style Caribbean Sliced Bread 800g	Test manufacturer	White Bread	NA	1.00	400.0	NA	NA
UK	Jackson's Yorkshire's Champion Bread Brown Bloomer 800g	Jackson's Bakery	Wholemeal Bread	NA	1.00	400.0	NA	NA
UK	Jackson's Yorkshire's Champion Bread Half Brown Bloomer 400g	Jackson's Bakery	Wholemeal Bread	NA	1.00	400.0	NA	NA
Oman	Sliced	Al-Dahabi	Wholemeal Bread	24.1	1.00	399.2	0.24	96.0
Australia	Sauer's Bakehouse Sourdough Aroma Rye	Sauer's Bakehouse Pty Ltd	Mixed Grain Bread	55.0	1.00	399.0	0.55	219.5
Hong Kong	Milk Sandwich Bread	ParkenShop / Garden	White Bread	50.0	1.00	399.0	0.50	200.0
Oman	Buns	Al-Dahabi	White Bread	69.5	1.00	399.0	0.69	277.2
South Africa	Premium slices white bread	Sasko	White Bread	160.0	1.00	399.0	1.60	638.4
South Africa	White bread thick sliced	Woolworths	White Bread	160.0	1.00	399.0	1.60	638.4
South Africa	Sasko more slices brown bread	Sasko	Wholemeal Bread	160.0	1.00	399.0	1.60	638.4
South Africa	Brown bread toaster	SPAR	Wholemeal Bread	160.0	1.00	399.0	1.60	638.4
South Africa	Brown bread	Woolworths	Wholemeal Bread	160.0	1.00	399.0	1.60	638.4
Argentina	Lactal salvado familiar	Lactal	Wholemeal Bread	50.0	1.00	398.0	0.50	199.0
Argentina	Pan con salvado chico	Lactal	Wholemeal Bread	50.0	1.00	398.0	0.50	199.0
Argentina	Pan integral con salvado	Veneziana alimentos cormillot	Wholemeal Bread	50.0	1.00	398.0	0.50	199.0
Australia	Has No... Gluten Free Six Seeds Bread	Aldi	Mixed Grain Bread, GF	50.0	1.00	398.0	0.50	199.0
Brazil	Whole wheat bread Grão Sabor 100% Freekeh and pecan	Wickbold	Wholemeal Bread	50.0	1.00	398.0	0.50	199.0
Malaysia	Sandwich Loaf with Wheat Germ	Massimo	Wholemeal Bread	67.0	1.00	398.0	0.67	266.7
South Africa	More slices white bread	Sasko	White Bread	160.0	1.00	398.0	1.59	636.8
South Africa	White bread toaster	SPAR	White Bread	160.0	1.00	398.0	1.59	636.8
South Africa	White bread	Woolworths	White Bread	160.0	1.00	398.0	1.59	636.8
Hong Kong	Milk Bun	ParkenShop / Garden	White Bread	35.0	0.99	397.0	0.35	139.0
Canada	Bread - Italian Style Grains	D'italiano	Mixed Grain Bread	63.0	0.99	396.8	0.63	250.0
Canada	Bread - Toscana Thick Slice White Loaf, Extra Soft	Villagio	White Bread	63.0	0.99	396.8	0.63	250.0
Argentina	Fargo all natural 100 % integral	Fargo	Wholemeal Bread	50.0	0.99	396.0	0.50	198.0
Argentina	Fargo all natural 100 % integral con avena y un toque de miel	Fargo	Wholemeal Bread	50.0	0.99	396.0	0.50	198.0
Denmark	Fuldkorn Pita	Hatting	Flat Bread	NA	0.99	396.0	NA	NA
Hong Kong	Life Bread Wheat	Wellcome / Garden	Wholemeal Bread	30.0	0.99	396.0	0.30	119.0
South Africa	Future Life Smart Brown Bread	Future Life	Wholemeal Bread	80.0	0.99	396.0	0.79	316.8
South Africa	Low GI wholewheat brown bread	Sasko	Wholemeal Bread	90.0	0.99	396.0	0.89	356.4
South Africa	High fibre wholewheat bread	Woolworths	Wholemeal Bread	90.0	0.99	396.0	0.89	356.4
Spain	Pan rústico	GERBLÉ	White Bread	NA	0.99	396.0	NA	NA
UK	Sainsbury's Taste The Difference White Sourdough 400g	Sainsbury's	White Bread	80.0	0.99	396.0	0.79	316.8
Canada	Hot Dog Buns - White	Wonder	White Bread	48.0	0.99	395.8	0.48	190.0
Ecuador	Pan integral yogurt y nueces	Supermaxi	Wholemeal Bread	43.0	0.99	395.3	0.43	170.0
New Zealand	Tuscan Mixed Grain European Style Bread	Freya's	Mixed Grain Bread	83.0	0.99	395.0	0.82	327.9
Oman	Sliced	Modern Oman bakery	White Bread	22.1	0.99	395.0	0.22	87.4
South Africa	Ultima kilojoule controlled brown bread	Albany	Wholemeal Bread	65.0	0.99	395.0	0.64	256.8
Ecuador	Pan blanco Artesanal	Bimbo	White Bread	38.0	0.99	394.7	0.38	150.0

Canada	100% Whole Grain Bread, Ancient Grains with Quinoa	Dempster's	Mixed Grain Bread	38.0	0.99	394.7	0.38	150.0
Canada	Seed Lovers With Chia Bread, 100% Whole Grain	Dempster's Bakery	Mixed Grain Bread	38.0	0.99	394.7	0.38	150.0
Canada	Burger Buns - Gigantico	President's Choice	White Bread	71.0	0.99	394.4	0.70	280.0
Canada	Italian Style Crustini Buns	Villaggio	White Bread	71.0	0.99	394.4	0.70	280.0
South Africa	Toaster	Golden Crust	White Bread	250.0	0.99	394.3	2.46	985.8
Costa Rica	Pan integral con semillas de linaza	PEMA	Wholemeal Bread	100.0	0.98	393.0	0.98	393.0
Malaysia	Massimo 100%whole wheat loaf	Massimo	Wholemeal Bread	70.0	0.98	393.0	0.69	275.1
Canada	Pitas, Regular	Ozery Bakery	Flat Bread	56.0	0.98	392.9	0.55	220.0
Ecuador	Pan integral clasico	Supermaxi	Wholemeal Bread	28.0	0.98	392.9	0.28	110.0
Ecuador	Pan integral clasico	Supan	Wholemeal Bread	22.0	0.98	392.9	0.22	110.0
Canada	Hamburger Buns - White	Wonder	White Bread	51.0	0.98	392.2	0.50	200.0
Argentina	Fargo salvado doble	Fargo	Wholemeal Bread	50.0	0.98	392.0	0.49	196.0
Denmark	Økologisk grahamstykker	Kohberg Nyt Nordisk	Wholemeal Bread	62.0	0.98	392.0	0.61	243.0
Denmark	Skyrboller	Schulstad Levebrød	Wholemeal Bread	62.0	0.98	392.0	0.61	243.0
Denmark	Gluten free Hamburger	Schär	White Bread, GF	75.0	0.98	392.0	0.74	294.0
Denmark	6 wholemeal pitta breads	Rivercode	Flat Bread	NA	0.98	392.0	NA	NA
New Zealand	Grain Sustain Gluten Free Bread	Bakeworks	Mixed Grain Bread	39.0	0.98	392.0	0.38	152.9
South Africa	Sasko Plus and Linseed white bread	Sasko	White Bread	90.0	0.98	392.0	0.88	352.8
Spain	12 cereales y semillas	Bimbo	Mixed Grain Bread	42	0.98	392.0	0.41	164.6
Spain	15 cereales y semillas	Dia	Mixed Grain Bread	33.75	0.98	392.0	0.33	132.3
Spain	Blanco	DULCESOL	White Bread	34.16	0.98	392.0	0.33	133.9
UK	Warburtons Farmhouse Soft Bread 400g	Warburtons	Wholemeal Bread	27.0	0.98	392.0	0.26	105.8
UK	Kingsmill 50/50 Medium 400g	Allied Bakeries	Wholemeal Bread	28.5	0.98	392.0	0.28	111.7
UK	Sainsbury's SO Organic Multiseed Wholemeal Thick Sliced Batch Loaf 400g	Sainsbury's	Wholemeal Bread	28.6	0.98	392.0	0.28	112.1
UK	Warburtons Wholemeal Protein Baked with a Blend of Pulses	Warburtons	Wholemeal Bread	29.0	0.98	392.0	0.28	113.7
UK	Essential Waitrose Wholemeal Medium Sliced Bread 800g	Waitrose	Wholemeal Bread	33.0	0.98	392.0	0.32	129.4
UK	Hovis Lower Carb Deliciously Seeded Bread 400g	Hovis	Mixed Grain Bread	36.0	0.98	392.0	0.35	141.1
UK	Warburtons Half Loaf Medium Sliced White Bread	Warburtons	White Bread	39.0	0.98	392.0	0.38	152.9
UK	Warburtons Old English White	Warburtons	White Bread	40.0	0.98	392.0	0.39	156.8
UK	Warburtons Medium Sliced White Bread 800g	Warburtons	White Bread	40.3	0.98	392.0	0.39	158.0
UK	Warburtons Farmhouse Soft Bread 800g	Warburtons	Wholemeal Bread	42.7	0.98	392.0	0.42	167.4
UK	Co-op Wholemeal Loaf 800g	The Co-Operative	Wholemeal Bread	44.0	0.98	392.0	0.43	172.5
UK	Lidl Rowan Hill Bakery Soft Thick Wholemeal 800g	Lidl	White Bread	44.0	0.98	392.0	0.43	172.5
UK	Hovis Granary Wholemeal 800g	Hovis	Wholemeal Bread	44.0	0.98	392.0	0.43	172.5
UK	The Village Bakery Wholemeal Bread 800g	Aldi	Wholemeal Bread	44.0	0.98	392.0	0.43	172.5
UK	Co Op Farmhouse Wholemeal Loaf 800g	The Co-Operative	Wholemeal Bread	44.0	0.98	392.0	0.43	172.5
UK	Warburtons Toastie Thick Sliced White Bread 800g	Warburtons	White Bread	47.4	0.98	392.0	0.46	185.8
UK	Warburtons Half Loaf Toastie Thick Sliced White Bread	Warburtons	White Bread	48.7	0.98	392.0	0.48	190.9
UK	Aldi The Village Bakery Soft White Toastie 800g	Aldi	White Bread	50.0	0.98	392.0	0.49	196.0
UK	Waitrose Love Life Farmhouse Batch Multiseed 800g	Waitrose	Mixed Grain Bread	50.0	0.98	392.0	0.49	196.0
UK	Warburtons Thickest White Bread 800g	Warburtons	White Bread	57.5	0.98	392.0	0.56	225.4
UK	Simply M&S Wholemeal Medium Sliced Bread 800g	Marks & Spencer	Wholemeal Bread	72.0	0.98	392.0	0.71	282.2
UK	Sainsbury's Taste the Difference Soft Multiseed Wholemeal Farmhouse Bread 800g	Sainsbury's	Wholemeal Bread	100.0	0.98	392.0	0.98	392.0
Canada	Hamburger Buns	Compliments	White Bread	46.0	0.98	391.3	0.45	180.0
South Africa	Premium slices brown bread	Sasko	Wholemeal Bread	160.0	0.98	391.0	1.56	625.6
South Africa	Brown bread thick sliced	Woolworths	Wholemeal Bread	160.0	0.98	391.0	1.56	625.6
Canada	Bavarian Multigrain Loaf	Rubschlagler	Mixed Grain Bread	41.0	0.98	390.2	0.40	160.0
Canada	Sprouted Wheat Bread, Mack's Flax	Silver Hills	Wholemeal bread	41.0	0.98	390.2	0.40	160.0
Australia	Tip Top The One + Omega 3 DHA Sandwich	George Weston Foods Ltd	White Bread	74.0	0.98	390.0	0.72	288.6
Australia	Tip Top The One Wholemeal Sandwich	George Weston Foods Ltd	Wholemeal Bread	74.0	0.98	390.0	0.72	288.6
Japan	YOUR QUEEN RICH BREAD	YAMAZAKI	White Bread	NA	0.98	390.0	NA	NA
New Zealand	Organic Sourdough	Venerdi	White Bread	40.0	0.98	390.0	0.39	156.0
New Zealand	Natural Goodness White Sandwich	Nature's Fresh	White Bread	61.0	0.98	390.0	0.59	237.9
New Zealand	White Toast	Nature's Fresh	White Bread	74.0	0.98	390.0	0.72	288.6
New Zealand	Dutch Wholemeal Grain European Style Bread	Freyja's	Wholemeal Bread	83.0	0.98	390.0	0.81	323.7
New Zealand	Super Thick White Bread	Nature's Fresh	White Bread	93.0	0.98	390.0	0.91	362.7
New Zealand	Garlic & Herb Naan	Sadhu's Premium	Flat Bread	150.0	0.98	390.0	1.46	585.0

Oman	Samoon	Modern Oman bakery	Wholemeal Bread	54.7	0.98	390.0	0.53	213.4
Canada	Deluxe Hamburger Buns - Sprinkled With Sesame Seeds	Compliments	White Bread	77.0	0.97	389.6	0.75	300.0
South Africa	High Fibre	Golden Crust	Wholemeal Bread	250.0	0.97	389.4	2.43	973.5
Australia	Woolworths Homebrand Wholemeal Sandwich	Woolworths	Wholemeal Bread	59.0	0.97	389.0	0.57	229.5
Malaysia	Massimo roti sandwic dengan germa gandum	Massimo	Wholemeal Bread	67.0	0.97	389.0	0.65	260.6
Canada	Deluxe Sausage Buns	Compliments Sensations	White Bread	72.0	0.97	388.9	0.70	280.0
Canada	Deluxe Sausage Buns, White, Sesame Seeds	Dempster's	White Bread	72.0	0.97	388.9	0.70	280.0
Belgium	pain multi-céréales	Carrefour	Wholemeal Bread	24.0	0.97	388.0	0.23	93.1
Denmark	Mørke multikernebrøder	Schulstad Levebrød	Wholemeal Bread	92.0	0.97	388.0	0.89	357.0
Japan	Ishigama brown rice bread (stone-ground)	TAKAKI BAKERY	Wholemeal Bread	50.2	0.97	388.0	0.49	194.8
Qatar	Hamburger bread	AlReem Bakery	White Bread	NA	0.97	388.0	NA	NA
Spain	Pan de molde multicereales	Dia	Mixed Grain Bread	25	0.97	388.0	0.24	97.0
Spain	Blanco con corteza	Pan Rico	White Bread	22.5	0.97	388.0	0.22	87.3
Spain	Grande	PANRICO	White Bread	21.6	0.97	388.0	0.21	83.8
Spain	Blanco fibra sin corteza 8 cereales	Pan Rico	Mixed Grain Bread	22.5	0.97	388.0	0.22	87.3
Spain	Con cereales	GRANIER	Mixed Grain Bread	NA	0.97	387.2	NA	NA
Malaysia	French Loaf	Daily's	White Bread	60.0	0.97	387.0	0.58	232.2
New Zealand	Fresh Indian Plain Naan	Lazeez Products	Flat Bread	70.0	0.97	387.0	0.68	270.9
South Africa	Low GI dumpy seeded brown bread	Sasko	Wholemeal Bread	55.0	0.97	387.0	0.53	212.9
South Africa	Low GI seed bread	Woolworths	Wholemeal Bread	95.0	0.97	387.0	0.92	367.7
Australia	Burgen Wholemeal & Seeds	George Weston Foods Ltd	Mixed Grain Bread	83.0	0.97	386.0	0.80	320.4
Brazil	Traditional bread with sesame	Pullman	White Bread	50.0	0.97	386.0	0.48	193.0
Brazil	Traditional bread, Artesano	Pullman	White Bread	50.0	0.97	386.0	0.48	193.0
Canada	Multi Whole Grain In The Thin Buns	Compliments Balance	Mixed Grain Bread	70.0	0.96	385.7	0.68	270.0
South Africa	Brown	Golden Crust	Wholemeal Bread	250.0	0.96	385.7	2.41	964.3
Australia	Bakers Life Wholemeal Sandwich Sliced	Aldi	Wholemeal Bread	59.0	0.96	385.0	0.57	227.2
New Zealand	Sliders Sesame Buns	Nature's Fresh	White Bread	35.0	0.96	385.0	0.34	134.8
New Zealand	Sliders Original	Nature's Fresh	White Bread	35.0	0.96	385.0	0.34	134.8
New Zealand	Wheatmeal Bread Sandwich Sliced	Woolworths	Wholemeal Bread	52.0	0.96	385.0	0.50	200.2
New Zealand	Wheatmeal Bread	Woolworths	Wholemeal Bread	63.0	0.96	385.0	0.61	242.6
South Africa	Low GI soya linseed white bread	Woolworths	White Bread	95.0	0.96	385.0	0.91	365.8
South Africa	Whole grain	Golden Crust	Wholemeal Bread	250.0	0.96	384.6	2.40	961.5
Brazil	Whole wheat bread peeled	Pullman	Wholemeal Bread	50.0	0.96	384.0	0.48	192.0
Bulgaria	Bread with Chia	VIBO	Wholemeal Bread	NA	0.96	384.0	NA	NA
Denmark	Krydderbrøder Fuldkorn	The Old Mill	Wholemeal Bread	NA	0.96	384.0	NA	NA
UK	Hovis Wheatgerm 400g	Hovis	Mixed Grain Bread	29.0	0.96	384.0	0.28	111.4
UK	Hovis Seed Sensations Sunflower 7 Pumpkin Seed 400g	Hovis	Mixed Grain Bread	33.0	0.96	384.0	0.32	126.7
Canada	Sprouted 3 Grains Bread	Stonemill Bakehouse	Mixed Grain Bread	60.0	0.96	383.3	0.58	230.0
Canada	PC Thins Whole Grain White Buns	President's Choice	White Bread	60.0	0.96	383.3	0.58	230.0
Australia	Woolworths Homebrand White Sandwich	Woolworths	White Bread	59.0	0.96	383.0	0.56	226.0
Australia	Woolworths Homebrand White Toast	Woolworths	White Bread	68.5	0.96	383.0	0.66	262.4
China	sliced bread	Taoli	White Bread	NA	0.96	383.0	NA	NA
South Africa	Oats and honey flavoured bread	Woolworths	White Bread	50.0	0.96	383.0	0.48	191.5
South Africa	Low GI dumpy oats and honey flavoured brown bread	Sasko	Wholemeal Bread	50.0	0.96	383.0	0.48	191.5
Argentina	Pan de viena para panchos	La perla	White Bread	40.0	0.95	381.0	0.38	152.4
Argentina	Pan de viena para hamburgueas	La perla	White Bread	50.0	0.95	381.0	0.48	190.5
Argentina	Pan de viena para hamburguesas con sésamo	La perla	White Bread	50.0	0.95	381.0	0.48	190.5
Argentina	Pan de viena para chips	La perla	White Bread	60.0	0.95	381.0	0.57	228.6
Hong Kong	Mlik Bar Bun	ParkenShop / Garden	White Bread	NA	0.95	381.0	NA	NA
Ecuador	Multicereal 9 cereales grande	Braun	Mixed Grain Bread	42.0	0.95	381.0	0.40	160.0
Australia	Bakers Life Multigrain Sandwich Sliced	Aldi	Mixed Grain Bread	59.0	0.95	380.0	0.56	224.2
Bulgaria	Bread whole grain with Five Type of Seeds	Milena MK	Wholemeal Bread	35.0	0.95	380.0	0.33	133.0
Canada	Artisan 9 Grain Bread	Eat Better Artisan	Mixed Grain Bread	50.0	0.95	380.0	0.48	190.0
Canada	Flax Seed Bread	Sobeys	Mixed Grain Bread	50.0	0.95	380.0	0.48	190.0
Canada	Sliced Flax Bread	Metro	Mixed Grain Bread	50.0	0.95	380.0	0.48	190.0
Denmark	Fuldkorn hotdog	Kohberg	White Bread	45.0	0.95	380.0	0.43	171.0
Denmark	Fuldkornssandwich	Møllesten	Wholemeal Bread	50.0	0.95	380.0	0.48	190.0

Denmark	Fuldkornskrydderboller	Møllesten	Wholemeal Bread	58.0	0.95	380.0	0.55	218.1
Denmark	Ciabatta Flutes	Kohberg	White Bread	63.0	0.95	380.0	0.60	239.4
Denmark	Stenovnsbagt fuldkornsboller	Kohberg	Wholemeal Bread	70.0	0.95	380.0	0.67	266.0
Denmark	Aktiv protein boller	Kohberg	Wholemeal Bread	75.0	0.95	380.0	0.71	285.0
Denmark	Aktiv sandwich	Kohberg	Wholemeal Bread	75.0	0.95	380.0	0.71	285.0
Denmark	Fuldkornsboller	Schulstad Levebrød	Wholemeal Bread	79.0	0.95	380.0	0.75	300.2
Denmark	Grøntsagsboller	Schulstad - Det Gode	White Bread	NA	0.95	380.0	NA	NA
Denmark	Fuldkornskrydderboller	Budget	Wholemeal Bread	NA	0.95	380.0	NA	NA
Denmark	Fuldkornssandwich	Kohberg	Wholemeal Bread	NA	0.95	380.0	NA	NA
Denmark	Økologiske kerneboller	Øko vores brød	Wholemeal Bread	NA	0.95	380.0	NA	NA
Denmark	Fuldkornssandwich	The Old Mill	Wholemeal Bread	NA	0.95	380.0	NA	NA
Denmark	Fuldkornssandwich	Vores brød	Wholemeal Bread	NA	0.95	380.0	NA	NA
Japan	whole-grain bran bread	KOBEYA	Wholemeal Bread	60.0	0.95	380.0	0.57	228.0
New Zealand	Sliders	Loaf	White Bread	27.0	0.95	380.0	0.26	102.6
New Zealand	Original Pita Bread	Danny's	Flat Bread	40.0	0.95	380.0	0.38	152.0
New Zealand	Fresh Indian Wholemeal Roti	Lazeez Products	Flat Bread	40.0	0.95	380.0	0.38	152.0
New Zealand	Sunflower & Barley Very Thin Bread	Vogel's	Mixed Grain Bread	55.0	0.95	380.0	0.52	209.0
New Zealand	Wheatmeal Sandwich	Nature's Fresh	Mixed Grain Bread	61.0	0.95	380.0	0.58	231.8
New Zealand	Gourmet Buns 6 Seed	Vogel's	White Bread	72.0	0.95	380.0	0.68	273.6
New Zealand	Gluten Free & Dairy Free Soy & Linseed Bread	Vogel's	Mixed Grain Bread, GF	73.0	0.95	380.0	0.69	277.4
New Zealand	Gluten Free & Dairy Free Wholemeal	Vogel's	Wholemeal Bread, GF	73.0	0.95	380.0	0.69	277.4
New Zealand	Wheatmeal Toast	Nature's Fresh	Wholemeal Bread	74.0	0.95	380.0	0.70	281.2
New Zealand	Original Pita Bread	Danny's	Flat Bread	78.0	0.95	380.0	0.74	296.4
New Zealand	Pumpkin Seed & Chia Toast	Burgen	Mixed Grain Bread	83.0	0.95	380.0	0.79	315.4
New Zealand	Mixed Grain Toast	Burgen	Mixed Grain Bread	83.0	0.95	380.0	0.79	315.4
New Zealand	Spelt & Flaxseed Toast	Vogel's	Mixed Grain Bread	85.0	0.95	380.0	0.81	323.0
New Zealand	Sunflower & Barley Toast	Vogel's	Mixed Grain Bread	85.0	0.95	380.0	0.81	323.0
New Zealand	Cumin & Coriander Moroccan Bread	Danny's	Flat Bread	NA	0.95	380.0	NA	NA
Nigeria	Club Sandwich	CANDY PLUS LIMITED	White Bread	46.0	0.95	381.3	0.44	175.4
Qatar	Chapatti	Planet Del	Flat Bread	45.0	0.95	380.0	0.26	171.0
Spain	Cerealia 5 semillas burger gourmet	Pan Rico	Mixed Grain Bread	NA	0.95	380.0	NA	NA
Spain	Pan de molde 100% natural sin corteza	Alipende	White Bread	45	0.95	380.0	0.43	171.0
Spain	Pan hogaza integral	Carrefour	Wholemeal Bread	38	0.95	380.0	0.36	144.4
UK	Warburtons Wholemeal Bread 400g	Warburtons	Wholemeal Bread	23.8	0.95	380.0	0.23	90.4
UK	Marks & Spencer The Bakery Danish Style Wholemeal 430g	Marks & Spencer	Wholemeal Bread	26.8	0.95	380.0	0.25	101.8
UK	Warburtons Seeded Batch 400g	Warburtons	Mixed Grain Bread	29.9	0.95	380.0	0.28	113.6
UK	Hovis Lower Carb Tasty Wholemeal	Hovis	Wholemeal Bread	36.0	0.95	380.0	0.34	136.8
UK	Warburtons Wholegrain & Oat 400g	Warburtons	Mixed Grain Bread	40.0	0.95	380.0	0.38	152.0
UK	Warburtons Wholemeal Bread 800g	Warburtons	Wholemeal Bread	44.8	0.95	380.0	0.43	170.2
UK	Warburtons Seeded Five Seeds Batch 800g	Warburtons	Mixed Grain Bread	45.8	0.95	380.0	0.44	174.0
South Africa	Future Life Smart White Bread	Future Life	White Bread	80.0	0.95	378.0	0.76	302.4
Canada	Bread - Sunflower Flax	Country Harvest	Mixed Grain Bread	45.0	0.94	377.8	0.43	170.0
Canada	Bread - Sprouted Wheat	Country Harvest	Wholemeal bread	45.0	0.94	377.8	0.43	170.0
Canada	Bread - Stone Milled Wheat, 100% Whole Wheat	Country Harvest	Wholemeal bread	45.0	0.94	377.8	0.43	170.0
Canada	Organic Loaf - Good Seed Bread	Dave's Killer Bread	Wholemeal bread	45.0	0.94	377.8	0.43	170.0
Australia	Woolworths Homebrand Multigrain Sandwich	Woolworths	Mixed Grain Bread	59.0	0.94	377.0	0.56	222.4
China	royal sliced bread	Bimbo	White Bread	50.0	0.94	377.0	0.47	188.5
South Africa	Everyday white bread	Sunbake	White Bread	75.0	0.94	377.0	0.71	282.8
Oman	Arabic Bread	Carefour	Wholemeal Bread	73.2	0.94	377.0	0.69	275.9
Brazil	Loaf bread whole flour Estar Leve	Wickbold	Wholemeal Bread	50.0	0.94	376.0	0.47	188.0
Denmark	Fuldkornskrydderboller	Guldvang	Wholemeal Bread	69.0	0.94	376.0	0.66	262.2
Denmark	Fuldkornskrydderboller	Coop	Wholemeal Bread	NA	0.94	376.0	NA	NA
Denmark	Fuldkornskrydderboller	First price	Wholemeal Bread	NA	0.94	376.0	NA	NA
South Africa	Everyday brown bread	Sunbake	Wholemeal Bread	75.0	0.94	376.0	0.71	282.0
South Africa	Superior brown bread	Albany	Wholemeal Bread	80.0	0.94	376.0	0.75	300.8
Spain	Pan 8 cereales	DIA	Mixed Grain Bread	NA	0.94	376.0	NA	NA
Australia	Bakers Life White Sandwich Sliced	Aldi	White Bread	59.0	0.94	375.0	0.55	221.3

Canada	Bavarian Dark Caraway Bread	Rudolph's	Mixed Grain Bread	40.0	0.94	375.0	0.38	150.0
Canada	Bread - Bavarian Premium Sandwich	Rudolph's	Mixed Grain Bread	40.0	0.94	375.0	0.38	150.0
Canada	Bread - Five Grain	Rudolph's	Mixed Grain Bread	40.0	0.94	375.0	0.38	150.0
Canada	Ciabatta Burger Buns	President's Choice	White Bread	56.0	0.94	375.0	0.53	210.0
Canada	Hot Dog Buns - 100% Whole Wheat	Dempster's	Wholemeal Bread	56.0	0.94	375.0	0.53	210.0
Canada	Buns - Mini Sliders	Sensations	White Bread	64.0	0.94	375.0	0.60	240.0
New Zealand	Sandwich Thins Original	Tip Top	Flat Bread	40.0	0.94	375.0	0.38	150.0
New Zealand	Light Grains Sandwich	Molenberg	Mixed Grain Bread	61.0	0.94	375.0	0.57	228.8
New Zealand	Light Grains For Balance Toast	Molenberg	Mixed Grain Bread	74.0	0.94	375.0	0.69	277.5
Hong Kong	Whole Wheat Bread	ParkenShop / Garden	Wholemeal Bread	50.0	0.94	374.0	0.47	187.0
Australia	Bowen Island Artisan Breads Pure White Sourdough	Bowen Island Artisan Breads	White Bread	45.0	0.93	373.0	0.42	167.9
China	wholemeal nutrient bread	MANKATTAN	Wholemeal Bread	NA	0.93	373.0	NA	NA
Canada	Greek Style Pita, White	Pita Gourmet	Flat Bread	43.0	0.93	372.1	0.40	160.0
USA	ARNOLD COUNTRY WHITE	ARNOLD	White Bread	43.0	0.93	372.1	0.40	160.0
USA	WHOLE GRAINS 100% WHOLE WHEAT BREAD	ARNOLD	Wholemeal Bread	43.0	0.93	372.1	0.40	160.0
Denmark	Bondebrød	Møllesten	White Bread	50.0	0.93	372.0	0.47	186.0
Denmark	Fuldkornssandwich	Gestus	Wholemeal Bread	NA	0.93	372.0	NA	NA
Spain	Pan de molde tostada	Alipende	White Bread	41	0.93	372.0	0.38	152.5
Spain	Blanco sin corteza	Pan Rico	White Bread	22.5	0.93	372.0	0.21	83.7
Spain	Siempre tierno	PANRICO	White Bread	22.5	0.93	372.0	0.21	83.7
Sweden	Grova XL	Semper	Mixed Grain Bread, GF	NA	0.93	372.0	NA	NA
UK	Hovis Nimble Wholemeal 400g	Hovis	Wholemeal Bread	22.0	0.93	372.0	0.20	81.8
UK	Aldi The Village Bakery Traditional Bloomer White Bread 400g	Aldi	White Bread	37.0	0.93	372.0	0.34	137.6
UK	Vogel's Wholemeal & Oat Bread 800g	Nicholas & Harris	Mixed Grain Bread	42.0	0.93	372.0	0.39	156.2
UK	Hovis Seed Sensations Wholemeal 800g	Hovis	Wholemeal Bread	44.0	0.93	372.0	0.41	163.7
UK	M&S The Bakery Soft Golden Wholemeal Farmhouse 400g	Marks & Spencer	Wholemeal Bread	57.0	0.93	372.0	0.53	212.0
UK	Aldi The Village Bakery White Bloomer 800g	Aldi	White Bread	58.0	0.93	372.0	0.54	215.8
UK	Marks & Spencer Super Soft Half & Half Medium Sliced 400g	Marks & Spencer	Wholemeal Bread	73.0	0.93	372.0	0.68	271.6
UK	Marks & Spencer The Bakery Super Soft Wholemeal Thick Sliced 800g	Marks & Spencer	Wholemeal Bread	100.0	0.93	372.0	0.93	372.0
Argentina	Pan tipo artesano	Bimbo	White Bread	50.0	0.93	372.0	0.47	186.0
Brazil	Whole wheat bread Grão Sabor 100% whole	Wickbold	Wholemeal Bread	50.0	0.93	372.0	0.47	186.0
Brazil	Whole wheat bread Grão Sabor 100% whole sunflower and chestnut	Wickbold	Wholemeal Bread	50.0	0.93	372.0	0.47	186.0
Brazil	Whole wheat bread Grao Sabor Fruits	Wickbold	Wholemeal Bread	50.0	0.93	372.0	0.47	186.0
Qatar	Chapatti	Lulu Hypermarket	Flat Bread	48.0	0.93	371.9	0.45	178.5
Ecuador	Multicereal 9 cereales med	Braun	Mixed Grain Bread	35.0	0.93	371.4	0.33	130.0
Qatar	Burger Buns	Qbake	White Bread	70.0	0.93	371.4	0.65	260.0
Japan	Gold Soft	YAMAZAKI	White Bread	NA	0.93	371.0	NA	NA
Malaysia	Hearty Wholemeal	Mighty White	Wholemeal Bread	62.0	0.93	371.0	0.58	230.0
Malaysia	Mighty White Hearty Wholemeal	Mighty White	Wholemeal Bread	62.0	0.93	371.0	0.58	230.0
South Africa	Vita-Life brown	Sunbake	Wholemeal Bread	75.0	0.93	371.0	0.70	278.3
Australia	Bills Organic High Fibre Sourdough	Bill's Organic Bread	White Bread	35.0	0.93	370.0	0.32	129.5
Australia	Tip Top 9 Grain Wholemeal	George Weston Foods Ltd	Mixed Grain Bread	79.0	0.93	370.0	0.73	292.3
Australia	Schwob's Bread Plus - Roasted Seed	Schwob's Swiss Bakery	Mixed Grain Bread	82.0	0.93	370.0	0.76	303.4
Australia	Tip Top Texas Toast	George Weston Foods Ltd	White Bread	117.0	0.93	370.0	1.08	432.9
Brazil	Whole wheat bread Grão Sabor Square	Wickbold	Wholemeal Bread	50.0	0.93	370.0	0.46	185.0
China	distinguished white bread	MANKATTAN	White Bread	50.0	0.93	370.0	0.46	185.0
New Zealand	Harvest Grains Toast Sprouted Whole Grains	Vogel's	Mixed Grain Bread	85.0	0.93	370.0	0.79	314.5
New Zealand	Cardamom & Fennel Turkish Bread	Danny's	Flat Bread	NA	0.93	370.0	NA	NA
South Africa	Standard brown bread	BB Bread	Wholemeal Bread	150.0	0.93	370.0	1.39	555.0
South Africa	Classic brown bread	Blue Ribbon	Wholemeal Bread	150.0	0.93	370.0	1.39	555.0
South Africa	Toaster brown bread	Blue Ribbon	Wholemeal Bread	150.0	0.93	370.0	1.39	555.0
South Africa	Mister Bread brown bread	Mister Bread	Wholemeal Bread	150.0	0.93	370.0	1.39	555.0
China	hamburger bun	MANKATTAN	White Bread	NA	0.92	369.0	NA	NA
Hong Kong	Crustless Wheat Sandwich Bread	ParkenShop / Garden	Wholemeal Bread	30.0	0.92	369.0	0.28	111.0
Hong Kong	Crustless Thick Wheat Sandwich Bread	Aeon / Garden	Wholemeal Bread	40.0	0.92	369.0	0.37	148.0
Hong Kong	Crustless Whole Wheat Bread	ParkenShop / Baker's Choice	Wholemeal Bread	NA	0.92	369.0	NA	NA
Canada	100% Whole Grains Loaf - Honey & Oatmeal	Dempster's Bakery	Mixed Grain Bread	38.0	0.92	368.4	0.35	140.0

Canada	Bread - 12 Grain, 100% Whole Grains	Dempster's	Mixed Grain Bread	38.0	0.92	368.4	0.35	140.0
Canada	Whole Grain Bread - Double Flax Bread	Dempster's Bakery	Mixed Grain Bread	38.0	0.92	368.4	0.35	140.0
USA	PEPPERIDGE FARM, LIGHT STYLE BREAD, 100% WHOLE WHEAT	PEPPERIDGE FARM	Wholemeal Bread	57.0	0.92	368.4	0.53	210.0
Denmark	Chia boiler	Schulstad Levebrød	Wholemeal Bread	65.0	0.92	368.0	0.60	239.2
Qatar	Bakemart. Sandwich Bread	Bake Mart	White Bread	NA	0.92	368.0	NA	NA
Spain	Hogaza	THE RUSTIK BAKERY	White Bread	NA	0.92	368.0	NA	NA
Spain	Pan especial con aceite de oliva refinado	The Rustik Bakery	White Bread	NA	0.92	368.0	NA	NA
Spain	Pan rústico integral	El Corte Inglés	Wholemeal Bread	32.5	0.92	368.0	0.30	119.6
UK	Lidl Deluxe White Seeded Farmhouse 800g	Lidl	White Bread	47.0	0.92	368.0	0.43	173.0
Argentina	Fargo all natural mix cereal semillado multicereal	Fargo	Mixed Grain Bread	50.0	0.92	368.0	0.46	184.0
South Africa	Everyday white bread	Albany	White Bread	70.0	0.92	368.0	0.64	257.6
South Africa	Standard white bread	BB Bread	White Bread	150.0	0.92	368.0	1.38	552.0
South Africa	Blue Ribbon Sliced white bread	Blue Ribbon	White Bread	150.0	0.92	368.0	1.38	552.0
South Africa	Classic white bread	Blue Ribbon	White Bread	150.0	0.92	368.0	1.38	552.0
South Africa	Mister Bread white bread	Mister Bread	White Bread	150.0	0.92	368.0	1.38	552.0
Costa Rica	Pan artesano de mesa. Pan sandwich decorado con harina	Bimbo	White Bread	65.0	0.92	367.7	0.60	239.0
Spain	Chapata	HIPERCOR	White Bread	NA	0.92	367.2	NA	NA
Canada	Ancient Spelt Bread	Stonemill Bakehouse	Mixed Grain Bread	60.0	0.92	366.7	0.55	220.0
Canada	Organic Multigrain Bread	ShaSha Co.	Mixed Grain Bread	60.0	0.92	366.7	0.55	220.0
Canada	Hamburger Buns - 100% Whole Wheat	Wonder	Wholemeal Bread	60.0	0.92	366.7	0.55	220.0
New Zealand	Sandwich Thins Lightly Seeded	Tip Top	Flat Bread	40.0	0.92	366.0	0.37	146.4
South Africa	Sasko Plus Rosehip and Honeybush brown bread	Sasko	Wholemeal Bread	70.0	0.92	366.0	0.64	256.2
China	distinguished wholemeal sliced bread	MANKATTAN	Wholemeal Bread	50.0	0.91	365.0	0.46	182.5
Costa Rica	Pan integral de 8 cereales	PEMA	Mixed Grain Bread	100.0	0.91	365.0	0.91	365.0
Costa Rica	Pan Pumpernickel	PEMA	Wholemeal Bread	100.0	0.91	365.0	0.91	365.0
New Zealand	Gluten Free & Dairy Free 6 Seed Bread	Vogel's	Mixed Grain Bread, GF	73.0	0.91	365.0	0.67	266.5
New Zealand	Gluten Free 6 Seed Loaf	Vogel's	Mixed Grain Bread, GF	73.0	0.91	365.0	0.67	266.5
New Zealand	Multigrain Toast	Nature's Fresh	Mixed Grain Bread	74.0	0.91	365.0	0.68	270.1
Spain	sin corteza	Bimbo	White Bread	28	0.91	364.0	0.25	101.9
Spain	Pan de molde sin corteza	Bimbo	White Bread	28.1	0.91	364.0	0.26	102.3
Spain	Tierno - blanco gigante	PANRICO	White Bread	27	0.91	364.0	0.25	98.3
UK	Aldi The Village Bakery Seeded White Loaf 400g	Aldi	White Bread	33.0	0.91	364.0	0.30	120.1
UK	Hovis Good Inside Wholemeal Medium 800g	Hovis	Wholemeal Bread	40.0	0.91	364.0	0.36	145.6
Argentina	Fargo rodajas finas	Fargo	White Bread	50.0	0.91	364.0	0.46	182.0
Argentina	Lactal pan de mesa familiar	Lactal	White Bread	50.0	0.91	364.0	0.46	182.0
Argentina	Lactal pan de mesa rodajas finas	Lactal	White Bread	50.0	0.91	364.0	0.46	182.0
Argentina	Pan de mesa familiar	Lactal	White Bread	50.0	0.91	364.0	0.46	182.0
Australia	Abbott's Village Bakery Gluten Free Soy and Linseed	George Weston Foods Ltd	Mixed Grain Bread	83.0	0.91	364.0	0.76	302.1
Canada	French Rolls	Metro	White Bread	55.0	0.91	363.6	0.50	200.0
Canada	Italian Panini Rolls	Metro	White Bread	55.0	0.91	363.6	0.50	200.0
South Africa	Vita-Life white	Sunbake	White Bread	75.0	0.91	363.0	0.68	272.3
New Zealand	White Sandwich Bread	Signature Range	White Bread	61.0	0.91	362.0	0.55	220.8
New Zealand	White Toast Bread	Signature Range	White Bread	74.0	0.91	362.0	0.67	267.9
USA	WHITE ENRICHED SANDWICH BREAD	MARKET PANTRY	White Bread	47.0	0.90	361.7	0.43	170.0
New Zealand	Super Thick Toast	Molenberg	Mixed Grain Bread	93.0	0.90	361.0	0.84	335.7
Belgium	Boerenwit mais	Albert Heijn	White Bread	NA	0.90	360.0	NA	NA
Belgium	Casino wit	Albert Heijn	White Bread	NA	0.90	360.0	NA	NA
Belgium	Tijgerbrood wit	Albert Heijn	White Bread	NA	0.90	360.0	NA	NA
Belgium	Glutenvrij witbrood	Consenza (Albert Heijn)	White Bread, GF	NA	0.90	360.0	NA	NA
Belgium	Boeren volkoren sesam	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Les pain bastille (vers ingevroren)	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Les Pain Mediteranne (vers ingevroren)	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Les pain triomphe (vers ingevroren)	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Tijger volkoren (vers ingevroren)	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Tijgerbrood bruin	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	Zaanse brood meergrenen vers	Albert Heijn	Wholemeal Bread	NA	0.90	360.0	NA	NA
Belgium	multicéreales léger	Lidl	Wholemeal Bread	35.0	0.90	360.0	0.32	126.0

Bulgaria	VITA "Balance" with Quinoa and Flax seeds	Dobrudjanski Hliab	Wholemeal Bread	26.0	0.90	360.0	0.23	93.6
Denmark	Soft brød	Guldvang	White Bread	42.0	0.90	360.0	0.38	151.2
Denmark	Krydderboller	Møllesten	White Bread	58.0	0.90	360.0	0.46	185.6
Denmark	Laktose, gluten & hvedefri flerkerneboller	Kohberg	Wholemeal Bread	65.0	0.90	360.0	0.59	234.0
Denmark	Krydderboller	Budget	White Bread	NA	0.90	360.0	NA	NA
Denmark	Krydderboller	First price	White Bread	NA	0.90	360.0	NA	NA
Denmark	Krydderboller	Gamle Mølle	White Bread	NA	0.90	360.0	NA	NA
Denmark	Subs	Pågen	White Bread	NA	0.90	360.0	NA	NA
Denmark	Skagensbrød	REINH van HAUEN	Wholemeal Bread	NA	0.90	360.0	NA	NA
Malaysia	Onion Paratha	Starkiss Food	Flat Bread	80.0	0.90	360.0	0.72	288.0
Spain	Burger XL	Pan Rico	White Bread	75	0.90	360.0	0.68	270.0
Spain	Blanco	ORTIZ	White Bread	21	0.90	360.0	0.19	75.6
Spain	Pan aleman con arroz sin gluten	Veritas	White Bread, GF	NA	0.90	360.0	NA	NA
Spain	Integral con corteza	Pan Rico	Wholemeal Bread	23.6	0.90	360.0	0.21	85.0
Spain	Integral	PANRICO - SVELTIA	Wholemeal Bread	23.6	0.90	360.0	0.21	85.0
UK	Asda Soft White Medium Sliced 400g	ASDA	White Bread	28.5	0.90	360.0	0.26	102.6
UK	Hovis Tasty Wholemeal 400g	Hovis	Wholemeal Bread	29.0	0.90	360.0	0.26	104.4
UK	Morrisons Savers Brown Loaf Medium Sliced 720g	Morrisons	Wholemeal Bread	30.0	0.90	360.0	0.27	108.0
UK	Morrisons Savers White Loaf Medium Sliced 720g	Morrisons	White Bread	30.0	0.90	360.0	0.27	108.0
UK	Essential Waitrose White Medium Sliced Bread	Waitrose	White Bread	33.0	0.90	360.0	0.30	118.8
UK	Tesco Toastie Thick 400g	Tesco	White Bread	33.0	0.90	360.0	0.30	118.8
UK	Morrisons Medium White 800g	Morrisons	White Bread	36.0	0.90	360.0	0.32	129.6
UK	Tesco Wholemeal Stay Fresh Medium 800g	Tesco	Wholemeal Bread	36.0	0.90	360.0	0.32	129.6
UK	Lidl Simply... Medium Sliced White 800g	Lidl	White Bread	36.0	0.90	360.0	0.32	129.6
UK	Sainsbury's Basics White Bread	Sainsbury's	White Bread	36.0	0.90	360.0	0.32	129.6
UK	Tesco White Stay Fresh Medium 800g	Tesco	White Bread	36.0	0.90	360.0	0.32	129.6
UK	Tesco Wholemeal Thick 800g	Tesco	Wholemeal Bread	36.0	0.90	360.0	0.32	129.6
UK	Aldi Everyday Essentials Medium Sliced White Bread 800g	Aldi	White Bread	36.0	0.90	360.0	0.32	129.6
UK	Tesco Everyday Value Wholemeal Sliced Bread 800g	Tesco	Wholemeal Bread	36.0	0.90	360.0	0.32	129.6
UK	Aldi Wholemeal Bloomer 400g	Aldi	Wholemeal Bread	37.0	0.90	360.0	0.33	133.2
UK	Hovis Tasty Wholemeal Medium 800g	Hovis	Wholemeal Bread	40.0	0.90	360.0	0.36	144.0
UK	Lidl Deluxe Multigrain Farmhouse 800g	Lidl	Mixed Grain Bread	40.0	0.90	360.0	0.36	144.0
UK	Hovis Soft White Medium Bread 800g	Hovis	White Bread	40.0	0.90	360.0	0.36	144.0
UK	Morrisons Toastie White 400g	Morrisons	White Bread	40.0	0.90	360.0	0.36	144.0
UK	Tesco Finest Sunflower & Pumpkin Cob 600g	Tesco	Mixed Grain Bread	40.0	0.90	360.0	0.36	144.0
UK	Morrisons Toastie White 800g	Morrisons	White Bread	42.0	0.90	360.0	0.38	151.2
UK	Iceland Thick Sliced Wholemeal 800g	Iceland	Wholemeal Bread	44.0	0.90	360.0	0.40	158.4
UK	Tesco Everyday Value White Sliced Bread 800g	Tesco	White Bread	44.0	0.90	360.0	0.40	158.4
UK	Allinson's Rustic White Bread	Allinson	White Bread	46.0	0.90	360.0	0.41	165.6
UK	Allinson's Seeds & Grains 650g	Allinson	Mixed Grain Bread	46.0	0.90	360.0	0.41	165.6
UK	Hovis Tasty Wholemeal Thick 800g	Hovis	Wholemeal Bread	47.0	0.90	360.0	0.42	169.2
UK	Hovis Soft White Thick 800g	Hovis	White Bread	50.0	0.90	360.0	0.45	180.0
UK	Waitrose Multigrain Farmhouse Batch 800g	Waitrose	Mixed Grain Bread	50.0	0.90	360.0	0.45	180.0
UK	Morrisons Super Toastie White 800g	Morrisons	White Bread	53.0	0.90	360.0	0.48	190.8
UK	Hovis Soft White Extra Thick 800g	Hovis	White Bread	67.0	0.90	360.0	0.60	241.2
UK	M&S The Bakery Best of Both 750g	Marks & Spencer	Wholemeal Bread	75.0	0.90	360.0	0.68	270.0
UK	Marks & Spencer Activehealth Oat Barley & Honey Loaf 400g	Marks & Spencer	Mixed Grain Bread	80.0	0.90	360.0	0.72	288.0
UK	M&S The Bakery Soft Golden Wholemeal Farmhouse Bread 800g	Marks & Spencer	Wholemeal Bread	100.0	0.90	360.0	0.90	360.0
UK	Jackson's Yorkshire's Champion Bread White Bloomer 800g	Jackson's Bakery	White Bread	NA	0.90	360.0	NA	NA
UK	Jackson's Yorkshire's Champion Bread Half Seeded Bloomer 400g	Jackson's Bakery	Mixed Grain Bread	NA	0.90	360.0	NA	NA
UK	Jackson's Yorkshire's Champion Bread Half White Bloomer 400g	Jackson's Bakery	White Bread	NA	0.90	360.0	NA	NA
Canada	Bread - Amazing Grains	Ready Bake	Mixed Grain Bread	50.0	0.90	360.0	0.45	180.0
Canada	Burger Buns - White	Dempster's	White Bread	50.0	0.90	360.0	0.45	180.0
Canada	Harvest French Bread	Metro	White Bread	50.0	0.90	360.0	0.45	180.0
Canada	Italian Bread	Metro	White Bread	50.0	0.90	360.0	0.45	180.0
Canada	Bread - White + Fibre	Wonder	White Bread	75.0	0.90	360.0	0.68	270.0
New Zealand	Toast Me Organic Sourdough	Venerdi	Wholemeal Bread, GF	40.0	0.90	360.0	0.36	144.0

New Zealand	Original Sandwich	Molenberg	Mixed Grain Bread	61.0	0.90	360.0	0.55	219.6
New Zealand	Original Toast	Molenberg	Mixed Grain Bread	74.0	0.90	360.0	0.67	266.4
New Zealand	Ancient Grains Toast	Burgen	Mixed Grain Bread	83.0	0.90	360.0	0.75	298.8
New Zealand	Wholemeal & Seeds Toast	Burgen	Mixed Grain Bread	83.0	0.90	360.0	0.75	298.8
New Zealand	Quinoa & Flaxseed European Style Bread	Frey's	Mixed Grain Bread	83.0	0.90	360.0	0.75	298.8
New Zealand	Lebanese Pita Bread	Danny's	Flat Bread	NA	0.90	360.0	NA	NA
Brazil	Whole wheat bread Grão Sabor Brazilian nut and quinoa	Wickbold	Wholemeal Bread	50.0	0.90	358.0	0.45	179.0
New Zealand	Lifestyle Plus Multigrain Sandwich Bread	Signature Range	Mixed Grain Bread	61.0	0.90	358.0	0.55	218.4
New Zealand	Lifestyle Plus Multigrain Toast Bread	Signature Range	Mixed Grain Bread	74.0	0.90	358.0	0.66	264.9
Ecuador	Pan grano de trigo partido	Supan	Wholemeal Bread	35.0	0.89	357.1	0.31	125.0
Ecuador	Pan integral	La Canasta	Wholemeal Bread	28.0	0.89	357.1	0.25	100.0
Canada	Loaf - White With Whole Grains	President's Choice Blue Menu	Mixed Grain Bread	21.0	0.89	357.1	0.19	75.0
Canada	Loaf - 100% Whole Wheat	President's Choice Blue Menu	Wholemeal bread	21.0	0.89	357.1	0.19	75.0
Canada	Bread, 21 Whole Grains and Seeds	Dave's Killer Bread	Mixed Grain Bread	28.0	0.89	357.1	0.25	100.0
Canada	100% Whole Wheat Hot Dog Buns	Wonder	Wholemeal Bread	56.0	0.89	357.1	0.50	200.0
Canada	Sandwich Buns - 100% Whole Wheat	Dempster's	Wholemeal Bread	56.0	0.89	357.1	0.50	200.0
South Africa	Ultima multigrain brown bread	Albany	Wholemeal Bread	90.0	0.89	357.0	0.80	321.3
Denmark	Høfrø boller	Schulstad Levebrød	Wholemeal Bread	79.0	0.89	356.0	0.70	281.2
Denmark	Fuldkornssandwichbrød	Coop	Wholemeal Bread	NA	0.89	356.0	NA	NA
Qatar	Bakemart. English white Bread	Bake Mart	White Bread	NA	0.89	356.0	NA	NA
Qatar	Bakemart. Milk Bread	Bake Mart	White Bread	NA	0.89	356.0	NA	NA
UK	Morrisons Medium Wholemeal 400g	Morrisons	Wholemeal Bread	33.0	0.89	356.0	0.29	117.5
UK	Morrisons Medium Wholemeal 800g	Morrisons	Wholemeal Bread	36.0	0.89	356.0	0.32	128.2
UK	Asda Soft White medium Sliced Bread	ASDA	White Bread	40.0	0.89	356.0	0.36	142.4
UK	Asda Soft White Toastie Thick Sliced 800g	ASDA	White Bread	50.0	0.89	356.0	0.45	178.0
UK	Sainsbury's Medium Soft White Bread 800g	Sainsbury's	White Bread	80.0	0.89	356.0	0.71	284.8
China	wholemeal sliced bread	Bimbo	Wholemeal Bread	NA	0.89	356.0	NA	NA
Canada	Bread - 12 Grain	Country Harvest	Mixed Grain Bread	45.0	0.89	355.6	0.40	160.0
Canada	Bread Loaf, Rustic Bean	Country Harvest	Wholemeal Bread	45.0	0.89	355.6	0.40	160.0
Canada	Flatbread - Multigrain	O'Doughs	Flat Bread	135.0	0.89	355.6	1.20	480.0
Ecuador	Mini panes coctel	Kroipan	White Bread	11.3	0.89	355.6	0.10	40.0
Canada	The Big 16 - Sprouted Wheat Bread	Silver Hills	Wholemeal bread	38.0	0.89	355.3	0.34	135.0
Australia	Bakers Life Super Soft White Bread Sandwich Sliced	Aldi	White Bread	59.0	0.89	355.0	0.52	209.5
New Zealand	Craft Loaf Pioneer Purple Wheat & Grains	Mackenzie	Mixed Grain Bread	67.0	0.89	355.0	0.59	237.9
New Zealand	Craft Loaf Settlers Malted Sprouted Grains	Mackenzie High Country Bead	Mixed Grain Bread	67.0	0.89	355.0	0.59	237.9
New Zealand	Lower Carb	Frey's	Mixed Grain Bread	83.0	0.89	355.0	0.74	294.7
New Zealand	Wheatmeal Sandwich Bread	Signature Range	Wholemeal Bread	61.0	0.89	354.0	0.54	215.9
New Zealand	Wheatmeal Toast Bread	Signature Range	Wholemeal Bread	74.0	0.89	354.0	0.65	262.0
South Africa	Everyday brown bread	Sunbake	Wholemeal Bread	75.0	0.88	353.0	0.66	264.8
Canada	Gluten Free 7-Grain Bread	Canyon Bakehouse	Mixed Grain Bread, GF	34.0	0.88	352.9	0.30	120.0
Canada	7 Grains Bread	Dimpflmeier	Mixed Grain Bread	51.0	0.88	352.9	0.45	180.0
Canada	100% Whole Wheat Bread - Italian Style	Compliments	Wholemeal Bread	71.0	0.88	352.1	0.63	250.0
Qatar	White hotdog bread	AlReem Bakery	White Bread	NA	0.88	352.0	NA	NA
Spain	Pan de molde con avena	Hacendado	Mixed Grain Bread	42	0.88	352.0	0.37	147.8
UK	Kingsmill 50 50 No Crusts 400g	Allied Bakeries	Wholemeal Bread	22.2	0.88	352.0	0.20	78.1
UK	Hovis Seed Sensations Seven Seeds 400g	Hovis	Mixed Grain Bread	33.0	0.88	352.0	0.29	116.2
UK	Asda Wholemeal Medium Sliced 800g	ASDA	Wholemeal Bread	40.0	0.88	352.0	0.35	140.8
UK	Vogel's Soya & Linseed Bread 800g	Nicholas & Harris	Mixed Grain Bread	42.0	0.88	352.0	0.37	147.8
UK	Hovis Seed Sensations Seven Seeds 800g	Hovis	Mixed Grain Bread	44.0	0.88	352.0	0.39	154.9
UK	Asda Extra Special Farmhouse White Sliced Loaf 800g	ASDA	White Bread	44.0	0.88	352.0	0.39	154.9
UK	Asda Wholemeal Toastie Thick Sliced 800g	ASDA	Wholemeal Bread	50.0	0.88	352.0	0.44	176.0
UK	Aldi Specially Selected Farmhouse Batch Superseeded Loaf 800g	Aldi	Mixed Grain Bread	50.0	0.88	352.0	0.44	176.0
UK	Sainsbury's Medium Wholemeal Bread 800g	Sainsbury's	Wholemeal Bread	80.0	0.88	352.0	0.70	281.6
UK	Sainsbury's Taste The Difference White Farmhouse Loaf With Seeds, Oats & Honey 800g	Sainsbury's	White Bread	100.0	0.88	352.0	0.88	352.0
UK	Sainsbury's Taste The Difference Seeded Loaf With Sprouted & Ancient Grains 800g	Sainsbury's	Mixed Grain Bread	100.0	0.88	352.0	0.88	352.0
South Africa	Best of both white bread	Albany	White Bread	80.0	0.88	352.0	0.70	281.6
South Africa	Whole wheat brown bread	Blue Ribbon	Wholemeal Bread	44.4	0.88	351.0	0.39	155.8

Australia	Schwob's Bread Plus - Whole Grain	Schwob's Swiss Bakery	Mixed Grain Bread	82.0	0.88	350.0	0.72	287.0
Canada	Bread - Bavarian Multi-Grain	Rudolph's	Mixed Grain Bread	40.0	0.88	350.0	0.35	140.0
Canada	Chia and Supergrains Bread	Stonemill Bakehouse	Mixed Grain Bread	60.0	0.88	350.0	0.53	210.0
Canada	Sunflower and Walnut Bread	Stonemill Bakehouse	Wholemeal bread	60.0	0.88	350.0	0.53	210.0
New Zealand	Mixed Grain Sandwich	Burgen	Mixed Grain Bread	78.0	0.88	350.0	0.68	273.0
New Zealand	Soy & Linseed Lower Carb Bread	Freyra's	Mixed Grain Bread	83.0	0.88	350.0	0.73	290.5
New Zealand	Mixed Grain Toast	Burgen	Mixed Grain Bread	87.0	0.88	350.0	0.77	304.5
New Zealand	Purebread Organic Full O' Grain	Purebread	Wholemeal Bread	NA	0.88	350.0	NA	NA
Canada	Bread - Whole Grain	Kinnikinnick	Wholemeal Bread	63.0	0.87	349.2	0.55	220.0
South Africa	Low GI brown bread	Blue Ribbon	Wholemeal Bread	38.9	0.87	349.0	0.34	135.8
South Africa	Superior white bread	Albany	White Bread	80.0	0.87	349.0	0.70	279.2
USA	COUNTRY 100% WHOLE WHEAT	ARNOLD	Wholemeal Bread	43.0	0.87	348.8	0.38	150.0
USA	FARMHOUSE 100% WHOLE WHEAT BREAD	PEPPERIDGE FARM	Wholemeal Bread	43.0	0.87	348.8	0.38	150.0
Denmark	Gulerødsboller	Vores brød	White Bread	NA	0.87	348.0	NA	NA
Qatar	Samoon (Hot dog rolls)	Qbake	White Bread	NA	0.87	348.0	NA	NA
Spain	Pan de hamburguesa sin gluten	Schär	White Bread, GF	75	0.87	348.0	0.65	261.0
UK	Aldi Specially Selected Farmhouse Batch Multigrain Loaf 800g	Aldi	Mixed Grain Bread	50.0	0.87	348.0	0.44	174.0
New Zealand	Sandwich Thins Wholemeal	Tip Top	Flat Bread	40.0	0.87	348.0	0.35	139.2
Canada	Bread - Organic Granary	ACE Bakery	Mixed Grain Bread	37.5	0.87	346.7	0.33	130.0
Ecuador	Pan blanco para Hot Dog	Supermaxi	White Bread	75.0	0.87	346.7	0.65	260.0
China	premium high-fiber wholemeal bread	MANKATTAN	Wholemeal Bread	NA	0.86	345.0	NA	NA
Hong Kong	759 Packs	759 Store	White Bread	NA	0.86	345.0	NA	NA
New Zealand	Original Pita Bread	Danny's	Flat Bread	NA	0.86	345.0	NA	NA
New Zealand	Original Roti Channai	Silk Road	Flat Bread	NA	0.86	345.0	NA	NA
UK	Asda Wholemeal Medium Sliced 400g	ASDA	Wholemeal Bread	28.5	0.86	344.0	0.25	98.0
UK	Hovis Best of Both Medium 750g	Hovis	Wholemeal Bread	38.0	0.86	344.0	0.33	130.7
UK	Lidl Deluxe Wholemeal Seeded Farmhouse 800g	Lidl	Wholemeal Bread	47.0	0.86	344.0	0.40	161.7
Australia	Bakers Life Bakehouse Soy & Linseed	Aldi	Mixed Grain Bread	95.0	0.86	344.0	0.82	326.8
Ecuador	Pan blanco para Hot Dog	Moderna	White Bread	70.0	0.86	342.9	0.60	240.0
Canada	Bread - Multigrain with Sunflower and Pumpkin Seeds, 100% Whole Grains	Dempster's Bakery	Mixed Grain Bread	38.0	0.86	342.1	0.33	130.0
Australia	Bakers Life Bakehouse Wholemeal	Aldi	Wholemeal Bread	84.0	0.86	342.0	0.72	287.3
Brazil	Whole wheat bread 12 grains Vitagrão	Pullman	Wholemeal Bread	50.0	0.86	342.0	0.43	171.0
Brazil	Whole wheat bread Grão Sabor chia and macadamia	Wickbold	Wholemeal Bread	50.0	0.86	342.0	0.43	171.0
South Africa	Vita-Life crushed wheat bread	Sunbake	Wholemeal Bread	75.0	0.86	342.0	0.64	256.5
Canada	Hot Dog Buns	Dempster's	White Bread	47.0	0.85	340.4	0.40	160.0
New Zealand	Oat Bran Pita Bread	Danny's	Flat Bread	40.0	0.85	340.0	0.34	136.0
New Zealand	Wholemeal Pita Bread	Danny's	Flat Bread	78.0	0.85	340.0	0.66	265.2
Oman	Samoon	Modern Oman bakery	White Bread	47.2	0.85	340.0	0.40	160.5
South Africa	Low GI Cranberry brown bread	Sasko	Wholemeal Bread	100.0	0.85	340.0	0.85	340.0
Denmark	Solsikkeboller	Schulstad - Det Gode	White Bread	NA	0.85	340.0	NA	NA
Italy	Cereale	Schär	Mixed Grain Bread, GF	27.0	0.85	340.0	0.23	91.8
Qatar	Soft Buns	Qbake	White Bread	NA	0.85	340.0	NA	NA
Qatar	brown sandwich bread	Hot bread bakery	Wholemeal Bread	NA	0.85	340.0	NA	NA
Spain	Pan con avena y centeno	Alpende	Mixed Grain Bread	45	0.85	340.0	0.38	153.0
Spain	Pan de cereales sin gluten	Schär	Mixed Grain Bread, GF	27	0.85	340.0	0.23	91.8
UK	Aldi Everyday Essentials Medium Sliced Wholemeal Bread 800g	Aldi	Wholemeal Bread	36.0	0.85	340.0	0.31	122.4
UK	Sainsbury's Basics Wholemeal Bread 800g	Sainsbury's	Wholemeal Bread	36.4	0.85	340.0	0.31	123.8
UK	Morrisons Toastie White With More Fibre 800g	Morrisons	White Bread	42.0	0.85	340.0	0.36	142.8
Hong Kong	Twist Bun	Wellcome / Garden	Wholemeal Bread	35.0	0.85	339.0	0.30	119.0
Canada	Burger Buns - Canadian	President's Choice	White Bread	68.0	0.85	338.2	0.58	230.0
Canada	White Bread	Compliments	White Bread	71.0	0.85	338.0	0.60	240.0
Canada	White Bread, Sliced	Selection	White Bread	71.0	0.85	338.0	0.60	240.0
Canada	Original 100% Whole Wheat Bread	Selection	Wholemeal bread	71.0	0.85	338.0	0.60	240.0
Hong Kong	Hokkaido Milk Bread	Arome Bakery	White Bread	NA	0.85	338.0	NA	NA
Oman	Buns	Lulu Hypermarket	White Bread	71.0	0.84	338.0	0.60	239.9
Australia	Abbott's Village Bakery Gluten Free Mixed Seeds	George Weston Foods Ltd	Mixed Grain Bread, GF	83.0	0.84	337.0	0.70	279.7
South Africa	Blue Ribbon Toaster white bread	Blue Ribbon	White Bread	150.0	0.84	337.0	1.26	505.5

Australia	Gluten free white bread	Coles	White Bread, GF	71.0	0.84	336.0	0.60	238.6
Qatar	Sandwich bread slices	Qbake	White Bread	NA	0.84	336.0	NA	NA
Qatar	White bread slices	Qbake	White Bread	NA	0.84	336.0	NA	NA
UK	Sainsbury's Taste the Difference Multiseeded Bloomer 400g	Sainsbury's	Mixed Grain Bread	100.0	0.84	336.0	0.84	336.0
Oman	Buns	Modern Oman bakery	White Bread	51.4	0.84	335.0	0.43	172.2
Canada	Ancient Grains Bread - With Millet, Spelt and Amaranth	Country Harvest	Mixed Grain Bread	45.0	0.83	333.3	0.38	150.0
Canada	Bread - Prairie Bran	Country Harvest	Wholemeal Bread	45.0	0.83	333.3	0.38	150.0
Canada	Organic Quinoa & Semolina Bread	ShaSha Artisan Bakery	Mixed Grain Bread	60.0	0.83	333.3	0.50	200.0
Oman	Samoon	Lulu Hypermarket	White Bread	53.4	0.83	332.4	0.44	177.5
Denmark	Pølsebrød	Kohberg	White Bread	31.0	0.83	332.0	0.26	102.9
Denmark	Gluten Free Vollkornbrot	Schär	Wholemeal Bread, GF	50.0	0.83	332.0	0.42	166.0
UK	Kingsmill No Crusts Wholemeal	Allied Bakeries	Wholemeal Bread	22.0	0.83	332.0	0.18	73.0
UK	Rathbones Medium Sliced White Bread 800g	Morrisons	White Bread	36.0	0.83	332.0	0.30	119.5
UK	Asda Extra Special Superseeded Sliced Loaf 800g	ASDA	Mixed Grain Bread	44.0	0.83	332.0	0.37	146.1
UK	Co Op Irresistible Ancient Grains Super Seeded Farmhouse Loaf 800g	The Co-Operative	Mixed Grain Bread	44.0	0.83	332.0	0.37	146.1
UK	Hovis Seed Sensations Soft Granary Batch 800g	Hovis	Mixed Grain Bread	50.0	0.83	332.0	0.42	166.0
New Zealand	Lebanese Bread Original	Jabal	Flat Bread	80.0	0.83	330.0	0.66	264.0
South Africa	Low GI white bread	Albany	White Bread	80.0	0.83	330.0	0.66	264.0
New Zealand	The Pull Apart Flat Bread	Bakeworks	White Bread, GF	100.0	0.82	329.0	0.82	329.0
Malaysia	Mighty White white bread	Mighty White	White Bread	55.0	0.82	328.8	0.45	180.8
Argentina	Pan de viena para pebetes	La perla	White Bread	58.0	0.82	328.4	0.48	190.5
Bulgaria	White Bread	MIO	White Bread	NA	0.82	328.0	NA	NA
Spain	9 cereales y semillas	Pan Rico	Mixed Grain Bread	NA	0.82	328.0	NA	NA
Spain	9 cereales y semillas	PANRICO - CEREALIA	Mixed Grain Bread	45	0.82	328.0	0.37	147.6
UK	Aldi Specially Selected Farmhouse Batch Oat & Barley Loaf 800g	Aldi	Mixed Grain Bread	50.0	0.82	328.0	0.41	164.0
Costa Rica	Pan Árabe relleno con mano de piedra	Bimbo	Flat Bread	76.0	0.82	326.3	0.62	248.0
USA	100% WHOLE WHEAT BREAD	SIMPLE TRUTH ORGANIC	Wholemeal Bread	43.0	0.81	325.6	0.35	140.0
Oman	Arabic bread	Careffour	White Bread	114.1	0.81	325.1	0.93	371.0
Japan	French rock	FUJIPAN	White Bread	NA	0.81	325.0	NA	NA
Spain	Barra - Cereales y semillas	THE RUSTIK BAKERY	Mixed Grain Bread	NA	0.81	324.0	NA	NA
Spain	Hogaza - Cereales y semillas	THE RUSTIK BAKERY	Mixed Grain Bread	NA	0.81	324.0	NA	NA
Spain	Pan especial multicereales y semillas	The Rustik Bakery	Mixed Grain Bread	NA	0.81	324.0	NA	NA
UK	Waitrose 1 White Sourdough Bread 500g	Waitrose	White Bread	50.0	0.81	324.0	0.41	162.0
Canada	Bread - 100% Whole Wheat	Dempster's Bakery	Wholemeal Bread	71.0	0.81	323.9	0.58	230.0
Australia	Burgen Wholegrain & Oats	GWf-Bread NSW	Mixed Grain Bread	83.0	0.81	323.0	0.67	268.1
Australia	Gluten free chia seed loaf	NA	Mixed Grain Bread, GF	67.0	0.81	322.0	0.54	215.7
Malaysia	Roti Paratha Wholemeal	Spring Home	Flat Bread	65.0	0.81	322.0	0.52	209.3
South Africa	Low GI crushed wheat brown bread	BB Bread	Wholemeal Bread	44.0	0.81	322.0	0.35	141.7
South Africa	Low GI crushed wheat brown bread	Blue Ribbon	Wholemeal Bread	44.4	0.81	322.0	0.36	143.0
Belgium	pain multigrain NO GLUTEN	Delhaize	Wholemeal Bread, GF	NA	0.80	320.0	NA	NA
Belgium	Bruinbrood glutenvrij	Genius (Albert Heijn)	Wholemeal Bread, GF	NA	0.80	320.0	NA	NA
Bulgaria	103 grains	MIO	Mixed Grain Bread	NA	0.80	320.0	NA	NA
Bulgaria	Chernomorets	Poseydon 2003	White Bread	NA	0.80	320.0	NA	NA
Canada	Regular Pita	Selection	Flat Bread	50.0	0.80	320.0	0.40	160.0
Canada	A L'Europeenne Multigrain Cranberry Loaf	President's Choice	Mixed Grain Bread	50.0	0.80	320.0	0.40	160.0
Canada	Nine Grain Bread	Metro	Mixed Grain Bread	50.0	0.80	320.0	0.40	160.0
Canada	Rustic White Buns - PC Thins	President's Choice	White Bread	75.0	0.80	320.0	0.60	240.0
Denmark	Krydderboller	Guldvang	White Bread	59.0	0.80	320.0	0.53	212.4
Denmark	Pitabrød fuldkorn	First price	Flat Bread	NA	0.80	320.0	NA	NA
Denmark	Solstykker	Pågen	Wholemeal Bread	NA	0.80	320.0	NA	NA
Ecuador	Pan gourmet cinco cereales	Moderna	Mixed Grain Bread	25.0	0.80	320.0	0.20	80.0
Ecuador	Pan gourmet miel y salvado	Moderna	Wholemeal Bread	25.0	0.80	320.0	0.20	80.0
Greece	STARENIO	XRYSOS MYLOS	White Bread	27.3	0.80	320.0	0.22	87.4
New Zealand	Brown Sandwich Bread	Gluten Freedom	Wholemeal Bread, GF	NA	0.80	320.0	NA	NA
Spain	Integral sin corteza	Pan Rico	Wholemeal Bread	22.5	0.80	320.0	0.18	72.0
Sweden	Fiberröst	Skogholm	Wholemeal Bread	NA	0.80	320.0	NA	NA
UK	Vogel's Sunflower & Barley Bread 800g	Nicholas & Harris	Mixed Grain Bread	42.0	0.80	320.0	0.34	134.4

UK	Duchy Originals from Waitrose Organic Wholemeal Seeded Bloomer	Waitrose	Wholemeal Bread	50.0	0.80	320.0	0.40	160.0
UK	M&S The Bakery Soft Granary Farmhouse 400g	Marks & Spencer	Wholemeal Bread	67.0	0.80	320.0	0.54	214.4
UK	Cranks Whole Lotta Organic Slow-Baked Organic Wholemeal Bread 800g	Test manufacturer	Wholemeal Bread	NA	0.80	320.0	NA	NA
China	Milk toast	Weiduomei	White Bread	NA	0.79	315.0	NA	NA
Hong Kong	Supreme Fresh Australian Milk Loaf	Marketplace / Urban	White Bread	NA	0.79	316.0	NA	NA
New Zealand	Quinoa & Chia Sandwich Bread	Gluten Freedom	Mixed Grain Bread	NA	0.79	316.0	NA	NA
Qatar	Milk Bread slices	Qbake	White Bread	NA	0.79	316.0	NA	NA
Canada	Bread - Multigrain, Gluten Free	Kinnikinnick Foods	Mixed Grain Bread, GF	57.0	0.79	315.8	0.45	180.0
USA	WONDER, CLASSIC WHITE ENRICHED BREAD	WONDER	White Bread	57.0	0.79	315.8	0.45	180.0
China	Milk toast	85	White Bread	NA	0.79	315.0	NA	NA
China	Evaporated milk toast	Weiduomei	White Bread	NA	0.79	315.0	NA	NA
South Africa	Low GI white bread	Blue Ribbon	White Bread	38.9	0.79	315.0	0.31	122.5
Australia	Genius Gluten Free Soft Brown Sandwich Loaf	Genius	Wholemeal Bread, GF	72.0	0.79	314.0	0.57	226.1
Denmark	Fuldorn burger	Kohberg	White Bread	NA	0.78	312.0	NA	NA
Qatar	White sandwich bread (Slice)	AlReem Bakery	White Bread	NA	0.78	312.0	NA	NA
Spain	Avena & maíz horneado	Bimbo	Mixed Grain Bread	42	0.78	312.0	0.33	131.0
UK	Morrisons Medium White With More Fibre 800g	Morrisons	White Bread	36.0	0.78	312.0	0.28	112.3
UK	Morrisons The Best Thick Cut Sunflower and Pumpkin Seed Loaf 800g	Morrisons	Mixed Grain Bread	42.0	0.78	312.0	0.33	131.0
Ecuador	Pan integral sin corteza	Bimbo	Wholemeal Bread	22.5	0.78	311.1	0.18	70.0
China	Danish roll	Misabel	White Bread	NA	0.78	311.0	NA	NA
Brazil	Whole wheat bread	Pullman	Wholemeal Bread	50.0	0.78	310.0	0.39	155.0
Hong Kong	Royal Butter Loaf	ParkenShop /Baker's Choice	White Bread	NA	0.78	310.0	NA	NA
Canada	Smart Supergrains + Fibre Soft & White Loaf	Dempster's	Mixed Grain Bread	68.0	0.77	308.8	0.53	210.0
Bulgaria	100% Einkorn Bread	Milena MK	Wholemeal Bread	25.0	0.77	308.0	0.19	77.0
Bulgaria	Brown Reaper's Bread	Milena MK	Wholemeal Bread	30.0	0.77	308.0	0.23	92.4
China	wholemeal sliced bread	Taoli	Wholemeal Bread	25.0	0.77	308.0	0.19	77.0
Qatar	Bread (ka'ak bread)	Tawr Bakery	White Bread	NA	0.77	308.0	NA	NA
Canada	Bread - Flour Power Sliced Loaf, Gluten Free	Spiffy	Mixed Grain Bread	65.0	0.77	307.7	0.50	200.0
Malaysia	Kawan flakey paratha	Kawan	Flat Bread	80.0	0.77	307.0	0.61	245.6
Canada	Flat Bread - White	Lawwash	Flat Bread	75.0	0.77	306.7	0.58	230.0
Japan	white dining rolls	Pasco	White Bread	33.0	0.77	306.1	0.25	101.0
Brazil	Traditional bread peeled	Wickbold	White Bread	50.0	0.77	306.0	0.38	153.0
Malaysia	Roti Frankfurter	Gardenia	White Bread	40.0	0.77	306.0	0.31	122.4
South Africa	Tante Anna crushed wheat bread	Woolworths	Wholemeal Bread	78.0	0.77	306.0	0.60	238.7
New Zealand	Lightly Buttered Naan	Sandhu's	Flat Bread	150.0	0.76	305.0	1.14	457.5
Qatar	Sliced Brown Bread (L)	Qbake	Wholemeal Bread	NA	0.76	304.0	NA	NA
Canada	Greek Style Pita, No Pocket	Selection	Flat Bread	43.0	0.76	302.3	0.33	130.0
Serbia	Whole wheat bread with sunflower seeds	HLEB & KIFLE	Wholemeal Bread	NA	0.76	302.1	NA	NA
Canada	Sesame Seed Hot Dog Rolls	Metro	White Bread	53.0	0.75	301.9	0.40	160.0
Qatar	Multigrain	Qbake	Mixed Grain Bread	28.0	0.75	300.0	0.21	84.0
Brazil	Loaf bread zero sugar Estar Leve Linseed	Wickbold	Wholemeal Bread	50.0	0.75	300.0	0.38	150.0
Canada	Bread - Seeds and Grains	Country Harvest	Mixed Grain Bread	45.0	0.75	300.0	0.34	135.0
China	milk flavor crown bread	MANKATTAN	White Bread	NA	0.75	300.0	NA	NA
Costa Rica	Pan blanco con aceite de oliva	Semenzato	White Bread	50.0	0.75	300.0	0.38	150.0
Costa Rica	Pan integral con aceite de oliva 3%	Semenzato	Wholemeal Bread	50.0	0.75	300.0	0.38	150.0
Denmark	Gluten Free Mehrkorn-brötchen	Semper	Wholemeal Bread	53.0	0.75	300.0	0.40	159.0
UK	Burgen Soya & Linseed 800g	Burgen	Mixed Grain Bread	44.0	0.75	300.0	0.33	132.0
UK	Waitrose Love Life Heyford Sliced Bloomer	Waitrose	Mixed Grain Bread	50.0	0.75	300.0	0.38	150.0
UK	Marks & Spencer Soft White Farmhouse Bread	Marks & Spencer	White Bread	57.0	0.75	300.0	0.43	171.0
UK	Marks & Spencer The Bakery Sunflower & Pumpkin	Marks & Spencer	Mixed Grain Bread	100.0	0.75	300.0	0.75	300.0
UK	Marks & Spencer Oaty Farmhouse Bread	Marks & Spencer	Mixed Grain Bread	100.0	0.75	300.0	0.75	300.0
UK	Marks & Spencer The Bakery Multi Seed Blomer Slices 400g	Marks & Spencer	Mixed Grain Bread	100.0	0.75	300.0	0.75	300.0
Serbia	White Ljubljana Bread	MERKATOR	White Bread	NA	0.75	299.4	NA	NA
Canada	Multigrain Bread	All Stars Bakery	Mixed Grain Bread	42.0	0.74	297.6	0.31	125.0
Costa Rica	Pan Integral Tres Granos	Ruiseñor	Wholemeal Bread	31.0	0.74	297.4	0.23	92.2
Qatar	Hotdog bread	Tawr Bakery	White Bread	NA	0.74	296.0	NA	NA
UK	Asda Extra Special Multiseeded Loaf 600g	ASDA	Mixed Grain Bread	54.5	0.74	296.0	0.40	161.3

Canada	Smooth Multigrains Loaf	Dempster's	Mixed Grain Bread	71.0	0.74	295.8	0.53	210.0
Australia	Gluten free four seed bread	Coles	Mixed Grain Bread, GF	75.0	0.73	292.0	0.55	219.0
Qatar	White sandwich bread (Slice)	Tawr Bakery	White Bread	NA	0.73	292.0	NA	NA
UK	Marks & Spencer Super Seeded Bread 800g	Marks & Spencer	Mixed Grain Bread	100.0	0.73	292.0	0.73	292.0
UK	Marks & Spencer The Bakery Champion Seeds & Grain 800g	Marks & Spencer	Mixed Grain Bread	100.0	0.73	292.0	0.73	292.0
Costa Rica	Mi Fibra con Avena	Granix	White Bread	43.0	0.73	290.7	0.31	125.0
Canada	Ciabatta Breads - Sicilian Style	Spiffy	White Bread	100.0	0.73	290.0	0.73	290.0
New Zealand	White Sandwich Bread	Gluten Freedom	White Bread, GF	NA	0.73	290.0	NA	NA
Canada	Farmer's Bread - With Sunflower, Barley, Buckwheat & Molasses	Country Harvest	Mixed Grain Bread	45.0	0.72	288.9	0.33	130.0
Canada	Bread - Fibre	Country Harvest	Wholemeal Bread	45.0	0.72	288.9	0.33	130.0
Qatar	Bakemart.Hamburger roll	Bake Mart	White Bread	NA	0.72	288.0	NA	NA
Brazil	Whole wheat bread Granola Vitagrão	Pullman	Wholemeal Bread	50.0	0.72	286.0	0.36	143.0
Costa Rica	Pan de centeno	Ruiseñor	White Bread	33.0	0.71	285.2	0.24	94.1
Canada	Bread, Organic Sprouted Spelt	ShaSha Artisan Bakery	Mixed Grain Bread	60.0	0.71	283.3	0.43	170.0
Canada	Ezekiel Sprouted, 8 Grain Loaf	Organic Sprouted 8 Grain	Mixed Grain Bread	60.0	0.71	283.3	0.43	170.0
Australia	Genius Gluten Free Triple Seeded Sandwich Loaf	Genius	Mixed Grain Bread, GF	72.0	0.71	283.0	0.51	203.8
Malaysia	Sandwich Bread	Hawaii Bakery	White Bread	25.0	0.70	281.9	0.18	70.5
Australia	Gluten free chia and seeds bread	Coles	Mixed Grain Bread, GF	75.0	0.70	280.0	0.53	210.0
Canada	Bread - Sunfibre	Kasseleer	Mixed Grain Bread	50.0	0.70	280.0	0.35	140.0
Canada	Multigrain Bread	Metro	Mixed Grain Bread	50.0	0.70	280.0	0.35	140.0
Canada	Sesame Seed Hamburger Roll	Metro	White Bread	50.0	0.70	280.0	0.35	140.0
Canada	Toastable Grain Buns- Multigrain	Ozery Bakery	Mixed Grain Bread	75.0	0.70	280.0	0.53	210.0
Kuwait	Arabic Brown Bread	Kuwait Flour Mills & Bakeries CO	Flat Bread	50	0.70	280.0	0.35	140.0
Bulgaria	Bread White Sliced	Dobrudjanski Hliab	White Bread	NA	0.70	280.0	NA	NA
Finland	Reilu Täysjyväpahto	Oululainen	Wholemeal Bread	32.0	0.70	280.0	0.22	89.6
Malaysia	Original Chapatti	Starkiss Food	Flat Bread	40.0	0.70	280.0	0.28	112.0
Qatar	Q.Bake, Arabic Bread (Brown)	Qbake	Flat Bread	NA	0.70	280.0	NA	NA
UK	Co-op Irresistible Ancient Grains Sunflower & Honey Farmhouse Loaf 450g	The Co-Operative	Mixed Grain Bread	41.0	0.70	280.0	0.29	114.8
Canada	Bread - Glorious Vegan Sliced Loaf	Spiffy	Mixed Grain Bread	65.0	0.69	276.9	0.45	180.0
Argentina	Pan con 8 cereales grano entero	Natural bread	Mixed Grain Bread	50.0	0.69	276.0	0.35	138.0
Qatar	White Ka'ak (Buqsmat) – White with zaatar	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.69	276.0	NA	NA
South Africa	Low GI wholewheat brown bread	Albany	Wholemeal Bread	90.0	0.69	274.0	0.62	246.6
Malaysia	Roti Burger	Daily's	White Bread	40.0	0.68	273.0	0.27	109.2
Costa Rica	Pan de centeno con comino	Ruiseñor	White Bread	33.0	0.68	272.1	0.22	89.8
Qatar	Samoon	Mubark bakery	White Bread	NA	0.68	272.0	NA	NA
UK	Marks & Spencer Oaty Bloomer Slices 400g	Marks & Spencer	Mixed Grain Bread	100.0	0.68	272.0	0.68	272.0
South Africa	Low GI seeded brown bread	Albany	Wholemeal Bread	80.0	0.68	271.0	0.54	216.8
Ecuador	Pan de cereales integrales	Maxipan	Mixed Grain Bread	100.0	0.68	270.0	0.68	270.0
Kuwait	Arabic White Bread	Kuwait Flour Mills & Bakeries CO	Flat Bread	50	0.68	270.0	0.34	135.0
Malaysia	Tesco everyday value roti paratha biasa	Tesco	Flat Bread	75.0	0.68	270.0	0.51	202.5
Argentina	Pan tipo artesano semillas del campo con semillas de girasol y lino	Bimbo	White Bread	50.0	0.67	268.0	0.34	134.0
China	bread	Taoli	White Bread	NA	0.67	267.0	NA	NA
UK	Morrisons The Best Thick Cut Multi-Seed Loaf 800g	Morrisons	Mixed Grain Bread	42.0	0.67	268.0	0.28	112.6
China	bread	Misabel	White Bread	NA	0.67	267.0	NA	NA
Hong Kong	Mixed Grain Bread	A-1 Bakery	Mixed Grain Bread	NA	0.67	267.0	NA	NA
South Africa	Olde Cape seeded brown bread	Albany	Wholemeal Bread	NA	0.66	265.0	NA	NA
New Zealand	Chia Seed Sliced Bread	Pavillion	Mixed Grain Bread	82.0	0.66	264.0	0.54	216.5
Qatar	Batteel Bakery. White Soft Roll	Batteel	White Bread	NA	0.66	264.0	NA	NA
New Zealand	Rice Chia Bread	Dovedale	Mixed Grain Bread	60.0	0.66	263.0	0.39	157.8
Canada	Bread - Captain Quinoa	Spiffy	Mixed Grain Bread	65.0	0.65	261.5	0.43	170.0
Canada	100% Whole Wheat Pita	Selection	Flat Bread	50.0	0.65	260.0	0.33	130.0
Oman	Sliced	Modern Oman bakery	Wholemeal Bread	22.2	0.65	260.0	0.14	57.8
Qatar	Batteel Bakery. Toast bread	Batteel	White Bread	NA	0.65	260.0	NA	NA
China	plain hamburger	LOSANQ	White Bread	NA	0.65	259.0	NA	NA
China	Chinese traditional bread	Guofu	White Bread	NA	0.65	258.0	NA	NA
China	toast	NA	White Bread	NA	0.65	258.0	NA	NA
China	staple bread	Taoli	White Bread	NA	0.65	258.0	NA	NA

China	Wheat toast	90°	Wholemeal Bread	NA	0.64	257.0	NA	NA
China	gift pack bread	LOSANQ	White Bread	NA	0.64	256.0	NA	NA
Qatar	Qbake, Arabic Bread white(s)	Qbake	Flat Bread	NA	0.64	256.0	NA	NA
Qatar	Batteel Bakery. White soft roll with sesame	Batteel	White Bread	NA	0.64	256.0	NA	NA
China	Caterpillar bread	Taoli	White Bread	NA	0.64	255.0	NA	NA
China	Chinese traditional bread	Taoli	White Bread	NA	0.64	255.0	NA	NA
Canada	Sprouted Ancient Grain Hot Dog Buns	Silver Hills	Mixed Grain Bread	55.0	0.64	254.5	0.35	140.0
Hong Kong	Supreme Butter Loaf	Marketplace / Urban	White Bread	NA	0.63	253.0	NA	NA
Hong Kong	Maxim's Supreme Butter Loaf	Maxim (Taikoo Station)	White Bread	NA	0.63	253.0	NA	NA
New Zealand	Orgnic Sourdough	Venerdi	White Bread	40.0	0.63	253.0	0.25	101.2
Hong Kong	Maxim's Milk Loaf	Maxim (Taikoo Station)	White Bread	NA	0.63	252.0	NA	NA
Malaysia	Kawan chapati	Kawan	Flat Bread	40.0	0.63	250.0	0.25	100.0
Qatar	Milkbread	Qbake	White Bread	36.0	0.63	250.0	0.23	90.0
Qatar	Multigrain bread slices	Qbake	Mixed Grain Bread	NA	0.63	252.0	NA	NA
Qatar	Sandwich Bread (Loaf) – Small – White	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.63	252.0	NA	NA
Qatar	Batteel Bakery. Farm house bread	Batteel	Wholemeal Bread	NA	0.63	252.0	NA	NA
UK	Waitrose 1 Spelt Sourdough Bread 500g	Waitrose	Mixed Grain Bread	50.0	0.63	252.0	0.32	126.0
Canada	Steady Eddie - Sprouted Wheat Bread	Silver Hills	Wholemeal bread	38.0	0.63	250.0	0.24	95.0
Qatar	Q.Bake, Lebanese Bread	Qbake	Flat Bread	NA	0.62	248.0	NA	NA
Qatar	Samoon	Al-Meera	White Bread	NA	0.62	248.0	NA	NA
USA	WHOLE GRAIN 100% WHOLE WHEAT BREAD	PEPPERIDGE FARM	Wholemeal Bread	43.0	0.61	244.2	0.26	105.0
Qatar	Hot Dog	Al-Meera	White Bread	NA	0.61	244.0	NA	NA
Qatar	Batteel Bakery. Seed mix roll	Batteel	White Bread	NA	0.61	244.0	NA	NA
Qatar	Phahita Sesame	Al-Meera	White Bread	NA	0.61	244.0	NA	NA
China	corn flavor bun	PANPAN	Mixed Grain Bread	NA	0.61	243.0	NA	NA
Australia	Bill's Certified Organic Activated 7 Seeds Multigrain Sourdough	Bill's Organic Bread	Mixed Grain Bread	40.0	0.61	242.0	0.24	96.8
Australia	Bills Organic Multigrain Sourdough	Bill's Organic Bread	Mixed Grain Bread	40.0	0.61	242.0	0.24	96.8
Australia	Bill's Certified Organic 100% Spelt Sourdough	Bill's Organic Bread	White Bread	40.0	0.61	242.0	0.24	96.8
Denmark	Bohuskaka	Pågen	White Bread	NA	0.60	240.0	NA	NA
Japan	black hot dog bun	FUJIPAN	White Bread	NA	0.60	240.0	NA	NA
Spain	Pan de molde - arándanos	GOTRI	White Bread	NA	0.60	240.0	NA	NA
Spain	Pan de molde sin gluten	Schär	White Bread, GF	31	0.60	240.0	0.19	74.4
Australia	Bill's Certified Organic Ancient Grains + Activated Super Seeds Sourdough	Bill's Organic Bread	Mixed Grain Bread	40.0	0.59	237.0	0.24	94.8
China	Chinese traditional bread	Misabel	White Bread	NA	0.59	237.0	NA	NA
Argentina	Jumbo artesanal pan de molde salvado con chia	Jumbo	White Bread	50.0	0.59	236.0	0.30	118.0
China	sliced bread	Taoli	White Bread	NA	0.59	235.0	NA	NA
Hong Kong	Hokkaido 3.6 Milk Bread	Arome Bakery	White Bread	NA	0.59	235.0	NA	NA
Costa Rica	Pan integral con linaza	Ruiseñor	Wholemeal Bread	39.0	0.58	233.6	0.23	91.1
Australia	Bill's Certified Organic Medium Rye Sourdough	Bill's Organic Bread	White Bread	40.0	0.58	233.0	0.23	93.2
Australia	Bill's Certified Organic 100% Wholemeal Sourdough	Bill's Organic Bread	White Bread	40.0	0.58	232.0	0.23	92.8
Qatar	Bun	Mubark bakery	White Bread	NA	0.58	232.0	NA	NA
Qatar	Mini Boul Plain	Al-Meera	White Bread	NA	0.58	232.0	NA	NA
Qatar	Milk bread	Blue / yellow label	White Bread	NA	0.58	232.0	NA	NA
Qatar	Batteel Bakery. Seed mix Loaf bread	Batteel	Wholemeal Bread	NA	0.58	232.0	NA	NA
Canada	Bread- Milky White Sliced Loaf, Gluten Free	Spiffy	White Bread, GF	65.0	0.58	230.8	0.38	150.0
Malaysia	Tesco roti capati	Tesco	Flat Bread	40.0	0.57	229.0	0.23	91.6
Qatar	Arabic Bread	Qbake	Flat Bread	140.0	0.57	228.6	0.39	320.0
Hong Kong	Hokkaido 3.7 Milk Bread	A-1 Bakery	White Bread	NA	0.57	228.0	NA	NA
China	soft toast	Taoli	White Bread	NA	0.57	226.0	NA	NA
Qatar	Hamburger bread with Sesame	Al-Meera	White Bread	NA	0.56	224.0	NA	NA
Canada	Pita - Whole Wheat	Pita Alwatan	Flat Bread	67.0	0.56	223.9	0.38	150.0
Spain	Chapata	Carrefour	White Bread	NA	0.56	223.2	NA	NA
China	Caterpillar bread	Yimei	White Bread	NA	0.55	220.0	NA	NA
Hong Kong	Soft Bread	Aeon/Yamazaki Bakery	White Bread	NA	0.55	220.0	NA	NA
Malaysia	Tesco everyday value roti paratha bawang	Tesco	Flat Bread	75.0	0.55	220.0	0.41	165.0
Qatar	Batteel Bakery. Brown soft Roll	Batteel	Wholemeal Bread	NA	0.55	220.0	NA	NA
Qatar	Batteel Bakery. Brown soft roll with sesame	Batteel	Wholemeal Bread	NA	0.55	220.0	NA	NA

Ecuador	Pan integral doble fibra	Bimbo	Wholemeal Bread	32.0	0.55	218.8	0.18	70.0
Canada	Bread - Organic Chia & Poppy Seed Spelt	ShaSha Artisan Bakery	Mixed Grain Bread	60.0	0.54	216.7	0.33	130.0
Bulgaria	Homemade Wheat Bread without Yeast	Bal-Klas	Wholemeal Bread	30.0	0.54	216.0	0.16	64.8
Qatar	Hamburger	Al-Meera	White Bread	NA	0.54	216.0	NA	NA
Qatar	Burger	Mubark bakery	White Bread	NA	0.54	216.0	NA	NA
Qatar	Mini Boul Sesame	Al-Meera	White Bread	NA	0.54	216.0	NA	NA
Oman	Arabic Bread	Muscat Bakery	Wholemeal Bread	49.7	0.54	215.0	0.27	106.8
Qatar	Arabic Bread small	Qbake	Flat Bread	70.0	0.54	214.3	0.38	150.0
Canada	Seeds & Quinoa	Country Harvest	Flat Bread	75.0	0.53	213.3	0.40	160.0
Japan	every bread	como	White Bread	272.0	0.53	212.9	1.45	579.1
Canada	Bread - Nutty Honey Sliced Loaf	Spiffy	Mixed Grain Bread	66.0	0.53	212.1	0.35	140.0
China	Chinese traditional bread	Shangkeduo	White Bread	NA	0.53	211.0	NA	NA
China	Chinese traditional bread	LOSANQ	White Bread	NA	0.53	211.0	NA	NA
Japan	como original bread	como	White Bread	NA	0.53	210.0	NA	NA
China	princess row bread	NA	White Bread	NA	0.52	209.0	NA	NA
China	Danish roll	Ma's Pastry Shop	White Bread	NA	0.52	208.0	NA	NA
Denmark	Krydderboller	Trianon	White Bread	NA	0.52	208.0	NA	NA
Qatar	Batteel Bakery. Brown seed mix Roll	Batteel	Wholemeal Bread	NA	0.52	208.0	NA	NA
Qatar	Batteel Bakery. Brown Loaf bread	Batteel	Wholemeal Bread	NA	0.52	208.0	NA	NA
Oman	Buns	Muscat Bakery	Wholemeal Bread	64.4	0.52	207.5	0.33	133.5
Canada	Organic Ezekiel 4:9 Flax Sprouted Whole Grain Loaf	Food for Life	Mixed Grain Bread	34.0	0.51	205.9	0.18	70.0
Qatar	Sandwich Bread (Loaf) – Large – White	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.51	204.0	NA	NA
Canada	Pita Alwatan	Breadko Bakery	Flat Bread	67.0	0.50	201.5	0.34	135.0
China	milk and egg flavor sourdough bread	Taoli	White Bread	NA	0.50	201.0	NA	NA
Canada	Flatbread, Canadian Wild Blueberry with Flax seed & Rolled Oats	Country Harvest	Flat Bread	75.0	0.50	200.0	0.38	150.0
China	bread	LaoHuiWei	White Bread	NA	0.50	200.0	NA	NA
Denmark	Soft bread	Maître Jean Pierre	White Bread	41.0	0.50	200.0	0.21	82.0
Sweden	Rasker	Pågen	White Bread	46.0	0.50	200.0	0.23	92.0
Qatar	Arabic Bread large	Qbake	Flat Bread	143.0	0.49	197.6	0.71	282.5
Saudi Arabia	Brown Arabic Bread	Panda	Flat Bread	8.0	0.49	196.0	0.04	15.7
China	Danish roll	KOKOM	White Bread	NA	0.48	192.0	NA	NA
China	Danish roll	MAKEDUO	White Bread	NA	0.48	192.0	NA	NA
China	Danish roll	PANPAN	White Bread	NA	0.48	192.0	NA	NA
China	Danish roll	Sister Ma	White Bread	NA	0.48	192.0	NA	NA
Oman	Arabic Bread	Lulu Hypermarket	Wholemeal Bread	50.4	0.48	191.7	0.24	96.7
Canada	Organic Genesis 1:29 Sprouted Whole Grain & Seed Loaf	Food for Life	Mixed Grain Bread	34.0	0.48	191.2	0.16	65.0
China	sunlight bread	Baolongfa	White Bread	NA	0.48	191.0	NA	NA
New Zealand	Gluten Free Chia Grain	Dovedale	Mixed Grain Bread, GF	84.0	0.48	190.0	0.40	159.6
Canada	Kale Caraway Slice	Live.	Mixed Grain Bread	40.0	0.47	187.5	0.19	75.0
USA	PRAIRIE MILLED WHITE BREAD	WENDEL'S	White Bread	35.0	0.46	185.7	0.16	65.0
China	Danish roll	Ousmater	White Bread	NA	0.46	185.0	NA	NA
Canada	PC Thins Whole Grain Round Buns	President's Choice Blue Menu	Wholemeal Bread	60.0	0.46	183.3	0.28	110.0
China	large column	Misabel	White Bread	NA	0.46	182.0	NA	NA
Costa Rica	Panino Integral	Konig	Wholemeal Bread	50.0	0.45	180.0	0.23	90.0
China	milk flavor French soft bread	PANPAN	White Bread	20.0	0.45	179.0	0.09	35.8
China	Danish roll	Bimbo	White Bread	NA	0.44	176.0	NA	NA
Canada	High Protein Pita Bread	Haddad Bakery	Flat Bread	60.0	0.44	175.0	0.26	105.0
Canada	Flat Bread - 100% Whole Wheat	Lavash Bakery	Flat Bread	90.0	0.43	172.2	0.39	155.0
Qatar	Hotdog Bread – White	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.43	172.0	NA	NA
Qatar	Sandwich Bread (Loaf) – Large – Brown	Al-Shaqab (Baba Ghanouj)	Wholemeal Bread	NA	0.43	172.0	NA	NA
Canada	Bread - White Bean Millet Seed	Queen St Gluten Free	White Bread	70.0	0.43	171.4	0.30	120.0
Canada	Bread, Multigrain with Quinoa	President's Choice - Blue Menu	Mixed Grain Bread	41.0	0.43	170.7	0.18	70.0
Hong Kong	Wheat Loaf	Arome Bakery	Wholemeal Bread	NA	0.42	168.0	NA	NA
Qatar	Burger Bread – Small – White with sesame	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.42	168.0	NA	NA
Qatar	Dinner Roll (Small Hotdog Bread) - White	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.42	168.0	NA	NA
Costa Rica	Bollito de pan blanco tipo campesino	Ruiseñor	White Bread	23.0	0.41	165.7	0.10	38.1
Oman	Arabic bread	Muscat Bakery	White Bread	48.1	0.41	165.0	0.20	79.4

Morocco	Tips	JACQUET	White Bread	39.3	0.40	160.0	1.10	62.9
Qatar	Burger Bread – Large – White with sesame	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.40	160.0	NA	NA
Oman	Arabic bread	Lulu Hypermarket	White Bread	30.7	0.40	158.0	0.12	48.5
Qatar	Lebanese Bread	Qbake	Flat Bread	140.0	0.39	157.1	0.55	220.0
Hong Kong	759 Honey & Egg Bread	759 Store	White Bread	NA	0.39	156.0	NA	NA
Qatar	White lebanese bread	AlReem Bakery	White Bread	NA	0.39	156.0	NA	NA
Malaysia	Sandwich Loaf	Fuji Bakery	White Bread	53.0	0.38	154.0	0.20	81.6
China	Danish roll	NA	White Bread	NA	0.38	150.0	NA	NA
Costa Rica	Pan cuadrado integral	Ruiseñor	Wholemeal Bread	31.0	0.37	148.7	0.12	46.1
China	Danish roll	Taoli	White Bread	NA	0.37	148.0	NA	NA
Canada	Flat Greek Pita - 100% Whole Wheat	Zevs	Flat Bread	43.0	0.37	146.5	0.16	63.0
Republic of Macedonia	Manastirski leb	Bio-komerc	Wholemeal Bread	NA	0.36	144.0	NA	NA
Oman	Samoon	Muscat Bakery	White Bread	50.9	0.35	141.0	0.18	71.7
Argentina	Pan para hamburguesas	Natural bread	White Bread	50.0	0.35	140.0	0.18	70.0
China	sugar-free wholemeal bread	Misabel	Wholemeal Bread	NA	0.35	140.0	NA	NA
Qatar	egyptian bread	Hot bread bakery	Wholemeal Bread	NA	0.34	136.0	NA	NA
Qatar	Lebanese Bread – Large – White	Saida Bakery	Flat Bread	NA	0.33	132.0	NA	NA
China	salad bread	Bing Ge	White Bread	NA	0.31	124.0	NA	NA
Oman	Buns	Muscat Bakery	White Bread	63.4	0.31	122.5	0.19	77.6
Oman	Arabic Bread	Modern Oman bakery	Wholemeal Bread	50.1	0.30	120.0	0.15	60.1
Costa Rica	Pan integral con grano entero de trigo	Ruiseñor	Wholemeal Bread	33.0	0.27	109.4	0.09	36.1
Malaysia	Roti Paratha Original	Tisha's	Flat Bread	100.0	0.26	105.0	0.26	105.0
Qatar	Lebanese Bread – Small – White	Al-Huda	Flat Bread	NA	0.26	104.0	NA	NA
China	Chinese traditional bread	LOSANQ	White Bread	NA	0.25	101.0	NA	NA
China	traditional Chinese bread	Daoxiangcun	White Bread	NA	0.25	101.0	NA	NA
Oman	Arabic Bread	Al-Dahabi	Wholemeal Bread	46.0	0.25	100.4	0.12	46.2
Oman	Arabic bread	Al-Dahabi	White Bread	47.9	0.25	98.4	0.12	47.1
Qatar	Lebanese Bread – Small - Brown	Al-Huda	Flat Bread	NA	0.24	96.0	NA	NA
Oman	Arabic bread	Modern Oman bakery	White Bread	29.1	0.23	90.0	0.07	26.2
China	traditional Chinese bread	Daoxiangcun	White Bread	NA	0.22	86.0	NA	NA
Ecuador	Pan El Hadi Pan Libanes	El Hadi	Flat Bread	50.0	0.20	80.0	0.10	40.0
Costa Rica	Pan Sandwich Integral	Ruiseñor	Wholemeal Bread	36.0	0.20	78.1	0.07	28.1
Qatar	White Ka'ak (Buqsmat) – White	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.19	76.0	NA	NA
Qatar	White Ka'ak (Buqsmat) – White with sesame	Al-Shaqab (Baba Ghanouj)	White Bread	NA	0.18	72.0	NA	NA
Costa Rica	Pan de canela	Ruiseñor	White Bread	58.0	0.16	65.7	0.10	38.1
Argentina	Fargo sin sal adicionada fuente de fibras	Fargo	Wholemeal Bread	50.0	0.13	50.0	0.06	25.0
Qatar	Lebanese Bread – Large – White	Al-Huda	Flat Bread	NA	0.11	44.0	NA	NA
Costa Rica	Pan Real con Ajonjolí	Konig	Wholemeal Bread	50.0	0.11	42.0	0.05	21.0
Costa Rica	Pan tipo Campesino	Konig	Wholemeal Bread	50.0	0.11	42.0	0.05	21.0
New Zealand	Naan Breads Traditional	Giannis	Flat Bread	75.0	0.09	36.0	0.07	27.0
Costa Rica	Pan Real tipo integral	Konig	Wholemeal Bread	60.0	0.09	35.0	0.05	21.0
Saudi Arabia	White Arabic Bread	Panda	Flat Bread	8.0	0.08	32.0	0.01	2.6
Costa Rica	Pan Blanco tipo Campesino	Ruiseñor	White Bread	32.0	0.04	17.2	0.01	5.5
New Zealand	Naan 5 Flat Breads Plain Indian Style	Pams	Flat Bread	70.0	0.04	15.0	0.03	10.5
Costa Rica	Pan Árabe Integral	Bimbo	Flat Bread	76.0	0.03	13.2	0.03	10.0
Costa Rica	Multigrano Konig	Konig	Wholemeal Bread	50.0	0.02	9.0	0.01	4.5
Malaysia	Chapatti Whole Wheat Bread	BB's	Flat Bread	100.0	0.01	4.7	0.01	4.7
Malaysia	Chapatti Wheat Bread	BB's	Flat Bread	100.0	0.01	4.5	0.01	4.5
Qatar	Arabic Bread	Qbake	Flat Bread	65.0	0.01	3.1	0.01	2.0