

At the Grocery Store

- Check the date on the package for freshness.
- For best nutritional value buy whole grain or enriched bread products.
- Bread outlets have bargain prices on bread.
- Try different types of bread: bagels, English muffins, pita bread, soft flour or corn tortillas, and a variety of loaves, buns, and rolls.



Keeping Bread Safe

- Keep bread in a closed plastic bag. Store bread in a dry place at room temperature.
- When the weather is hot and humid, refrigerate or freeze bread to keep mold from growing.
- Stale bread and crusts have many uses. Make stuffing, croutons, or bread crumbs or freeze to use later.
- If bread is moldy, don't eat it.

Freezing Tips

- Freeze bread up to 3 months.
- Thaw bread as needed at room temperature.
- When making toast, bread can go straight from the freezer into the toaster without thawing.

UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office



**UW
Extension**

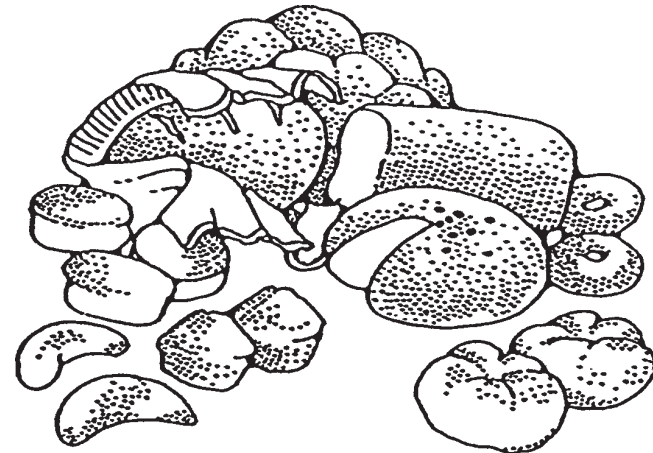
Cooperative Extension • Family Living Programs

**Wisconsin
Nutrition
Education
Program**

Bread

What You Need to Know
& Favorite Recipes

Breads make any meal more satisfying!



There are many kinds of bread.
Use them to add variety to your meals.

MyPyramid Helps Build a Healthy Diet



Make Half Your Grains Whole

- 6 ounces of grains are recommended each day. Eat at least 3 ounces of **whole grain** cereals, breads, crackers, rice, or pasta every day.
- One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta.
- To find whole grains, look on the label to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

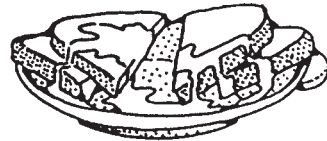
Isn't bread fattening?

No, but toppings add extra calories. Go easy on high fat spreads such as margarine and butter.

Creative Uses for Bread

- Toast bread for breakfast or snacks. Top with fat-free spread: jams, applesauce, or fresh fruit slices.

- Make French toast or bread pudding.



- Make croutons to garnish salads and soups, or to use in your favorite stuffing recipe.
- Use bread crumbs:
 - in meat loaf, meatballs, and patties.
 - to coat chicken, fish or pork chops before baking.
 - for a topping on casseroles.

Making Croutons

1. Preheat oven to 350°.
2. Use slices of whole grain or white bread. Cut into 1/2 to 1-inch cubes.
3. Arrange cubes in a shallow baking pan.
4. Bake until golden brown - about 20 minutes - stirring occasionally.
5. Cool and store in an airtight container.

Making Bread Crumbs

1. Save slices of dry bread in the freezer.
2. When you need bread crumbs, grate frozen slices of bread by hand or use a blender.
3. Store in tightly closed bag or container in freezer.

Fantastic French Toast

Makes 6 Servings

130 calories, 5 grams of fat and 73 mg cholesterol per serving

2 eggs
1/2 cup milk
1/2 teaspoon vanilla

6 slices bread
syrup or other toppings

1. Preheat the griddle over medium heat, or set the electric frying pan at 375°.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Fantastic French Toast
Slice of Cheese
Applesauce
Milk

Menu Ideas

Baked Chicken
Grandma's Stuffing
Green Beans
Peach Slices
Milk

Grandma's Stuffing

Makes 8 Servings

225 calories, 9 grams of fat and 36 mg cholesterol per serving

10 cups dry bread cubes, from whole wheat or white bread or buns
1/3 cup water
1/2 cup chopped onion
1/2 cup chopped celery
1 Tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)

1/4 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups milk
1 egg, lightly beaten
2 medium apples, pared, cored and chopped
1/4 cup raisins (optional)

1. Preheat oven to 350°.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350° for 1 hour.

Fantastic French Toast

Makes 6 Servings

130 calories, 5 grams of fat and 73 mg cholesterol per serving

2 eggs
1/2 cup milk
1/2 teaspoon vanilla

6 slices bread
syrup or other toppings

1. Preheat the griddle over medium heat, or set the electric frying pan at 375°.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Fantastic French Toast
Slice of Cheese
Applesauce
Milk

Menu Ideas

Baked Chicken
Grandma's Stuffing
Green Beans
Peach Slices
Milk

Grandma's Stuffing

Makes 8 Servings

225 calories, 9 grams of fat and 36 mg cholesterol per serving

10 cups dry bread cubes, from whole wheat or white bread or buns
1/3 cup water
1/2 cup chopped onion
1/2 cup chopped celery
1 Tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)

1/4 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups milk
1 egg, lightly beaten
2 medium apples, pared, cored and chopped
1/4 cup raisins (optional)

1. Preheat oven to 350°.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350° for 1 hour.

Menu Idea

Brag About It Bread Bake
Carrot Sticks
Apple Slices
Milk

Brag About It Bread Bake

Makes 6 Servings

314 calories, 4 grams of fat and 211 mg cholesterol per serving

6 slices bread, cubed (approximately 6 cups)
1 to 1-1/2 cups cooked, chopped broccoli
1 cup shredded cheese
1 Tablespoon minced onion (optional)
1 cup diced, cooked meat (ham, chicken or turkey)
5 eggs*
2 cups milk
1/2 teaspoon salt

1. Place half the bread in a well greased 9 x 9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs, milk and salt.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325° for 1 to 1-1/4 hours, or until center is firm and lightly browned.

* 3 eggs and 4 egg whites may be used instead of 5 eggs to reduce fat and cholesterol.

Leftovers

Promptly cover and store in refrigerator no longer than 1 - 2 days.
For longer storage, freeze and use within 2 - 3 months.



UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office

Menu Idea

Brag About It Bread Bake
Carrot Sticks
Apple Slices
Milk

Brag About It Bread Bake

Makes 6 Servings

314 calories, 4 grams of fat and 211 mg cholesterol per serving

6 slices bread, cubed (approximately 6 cups)
1 to 1-1/2 cups cooked, chopped broccoli
1 cup shredded cheese
1 Tablespoon minced onion (optional)
1 cup diced, cooked meat (ham, chicken or turkey)
5 eggs*
2 cups milk
1/2 teaspoon salt

1. Place half the bread in a well greased 9 x 9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs, milk and salt.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325° for 1 to 1-1/4 hours, or until center is firm and lightly browned.

* 3 eggs and 4 egg whites may be used instead of 5 eggs to reduce fat and cholesterol.

Leftovers

Promptly cover and store in refrigerator no longer than 1 - 2 days.
For longer storage, freeze and use within 2 - 3 months.



UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office