

A change of course

We don't need to limit bread to sandwiches at lunchtime. Bite into bread at any time of the day:

- enjoy it as toast or snacks;
- use it in main course recipes;
- use it even in desserts!

Why not try out some of the suggestions below?

Fun with your farl

Ulster-style pizza lunch

Split a wheaten or soda farl into two halves by slicing through the middle. Toast the outside only. Spread the untoasted side with a little tomato puree and add your choice of topping. Try thinly sliced ham, grated Cheddar cheese, apple and a dash of Worcestershire sauce. Grill and enjoy.

Soda bread pocket

Cut a soda or wheaten farl into two triangles. Make a slit in the cut side of the farl to make a pocket, then fill with your choice of low fat filling. Try tuna mixed with chopped tinned tomatoes and sweetcorn. For a

hot filling, try tinned red kidney beans, gently heated with tinned tomatoes, sweetcorn and onion.



Chicken, broccoli and sweetcorn bake

Serves: 4

Preparation time: 15 minutes

Cooking time: 30 minutes

Oven: 180°C/350°F/Gas Mark 4

Ingredients

- 50g (2oz) flour
- 50g (2oz) unsaturated margarine
- 568ml (1 pint) semi-skimmed milk
- 75g (3oz) mature Cheddar cheese, grated
- pinch Cayenne pepper (optional)
- 350g (12oz) fresh or frozen broccoli in pieces
- 225g (8oz) cooked chicken, diced
- 1x198g (7oz) can sweetcorn, drained
- 4 slices wholemeal bread, crumbed
- 75g (3oz) flaked almonds (optional)

Method

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Prepare the quick sauce by placing the flour, margarine and milk in a saucepan. Using a whisk, whisk continuously over a gentle heat until it boils and thickens.
- Remove sauce from the heat, add the cheese and Cayenne pepper and stir to melt the cheese.
- Place the broccoli, chicken and sweetcorn in an ovenproof dish, cover with sauce and top with the breadcrumbs and almonds. Bake in the preheated oven for 30 minutes.

For a tasty change, use sliced tinned peaches in natural juice, drained and finely chopped instead of the sweetcorn.



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Take a new look at fibre!

Bread

Bite into bread for a real slice of health!



- Bread is tasty, filling and enjoyable it's also good for us.

- It is low in fat, high in fibre and starch and a source of essential vitamins and minerals.

- Filling up on bread makes us less likely to reach for the biscuit tin or a bar of chocolate.

- Many people think that bread is fattening but it's the fatty spreads and fillings we usually add which can really pile on the calories.

- Check out the *Fat facts and tips* opposite.

Fill up on bread

- It's the fibre in bread which gives that satisfied feeling. All bread contains some fibre, but wholemeal and wheaten provide more than white varieties.

- The recommended amount of **fibre** each day is 18g **non-starch polysaccharide (NSP)**. You will sometimes notice this on food labels.

- Four slices of wholemeal or wheaten bread provides almost half the fibre we need every day - but don't forget the other fibre providers - potatoes, rice, pasta, cereals, fruit and vegetables.

- For further information see the leaflet on **Health** in the **Take a new look at fibre!** series.



Your guide to the baker's dozen

Average serving of bread	NSP/g (fibre)	Fat/g
* Wholemeal (2 slices)	4	2
* Wheaten loaf (2 slices)	4	2
Wheaten farl (1/2)	3	2
Brown (2 slices)	2	2
High fibre white (2 slices)	2	1
Pitta bread (1)	2	1
White (2 slices)	1	1
Soda farl (1/2)	1	1.5
Barmbrack (1 slice)	1	4
Fruit malt (25g, 1oz slice)	1	1
Iced finger (1)	1	6
Croissant (1)	1	12
Pancake (1)	0.5	0.5

* the top bread fibre providers

- You'll notice from the table that some bread products such as croissants contain more fat than loaves, farls, etc.

- Others in the table, eg fruit malt and iced fingers may also contain a lot of sugar.

- There's no reason why these can't be enjoyed occasionally - but remember their high fat or sugar content.

Watch your spread

Most people know that we should eat less fat - especially less saturated fat. But many are confused about what to spread on bread. Check out the *Fat facts and tips*.

Fat facts and tips

- Butter and margarine contain equal amounts of fat (80%) - and so contain equal calories.

- Low fat spreads have less fat than butter or margarine but this varies. Some have more than 3/4 of the fat removed but others have only a little less fat - so check the side of the carton.

- Using a spread labelled 'high in monounsaturates' or 'high in polyunsaturates' will help to shift the balance away from saturated fat.

- Whatever you choose to use, spread it very thinly. Aim for half a 250g (1/2lb) carton of spread each week. This is about 2 level dessertspoons of spread each day. If you use a lot more than this, try to reduce it gradually.

