

# How does white bread cause a variety of diseases?

Whole healthy bread is a kind of bread made from whole-meal flour without any additives (including folic acid) but nowadays the whole bran which is the main and nutritious part of whole wheat and flour rather than human consumption, is fed to cattle and sheep.

Cereals, especially bread, are one of the most important parts of a person's daily diet. Every healthy person consumes on average 5% of their daily energy from cereals.

In recent years, because of rising fruit and vegetable prices people are increasingly consuming carbohydrates such as bread to meet their energy needs; excessive use of cereals especially those without bran increases the risk of diseases such as diabetes.

Bran is a shell of wheat that from the bulk of the fiber but also contains some protein, minerals, and vitamins; fiber is an indigestible part of the bran excreted through the stool or removed with it or by absorbing water it increases the size of stool and helps prevent constipation.

It also improves digestive function and reduces the risk of diseases such as gastrointestinal problems, irritable bowel syndrome and ulcerative colitis.

Whole healthy bread is a kind of bread made from whole-meal flour without any additives (including folic acid); nowadays all nutritionists around the world encourage people to use whole bread but in recent years in our country bran increase in bakery flour means that the amount of bran in bread flour has decreased and factories have begun selling white flour and increasing the baking of bakery flour, on the pretext that white bread is more in line with peoples tastes.

Whole grain bread is a kind of bread in which wheat bran is milled and mixed with flour not sprinkled separately on bread crumbs.