

Bread

Why do people avoid wheat and gluten?

More and more people these days are diagnosed as being sensitive to wheat and/or gluten. This is for a number of reasons. Firstly, modern wheat has been hybridised by man over the centuries to the point where its structure is different to ancient grain. This was done in order to make wheat easier to harvest and easier to make bread with. This means that we are eating a grain that is not how nature created it — but how man manipulated it. Also, many people simply eat too much wheat — toast for breakfast, biscuits as a snack, sandwiches for lunch and pasta for dinner. Too much of anything isn't good and without moderation, the body will sometimes develop an allergy.

Are Kamut and Spelt wheat?

Spelt is a member of the same grain family as wheat but is an entirely different species. It is one of the original seven grains mentioned in the Bible. This 9000 year old grain originated in the Fertile Crescent and over the centuries found its way throughout Europe where it remained a very popular grain for hundreds of years. In Germany it is known as 'dinkel' and in Italy 'farro'. Kamut was supposedly recovered from Etruscan tombs in Egypt in 1949, sent to America where it was sprouted then cultivated, and the first Kamut bread appeared on the market in 1989. These ancient grains have more protein, a higher profile of amino acids, lipids, vitamins and minerals and are easier to digest than modern wheat varieties. Some people with wheat allergies find that they can tolerate kamut and spelt. Spelt is quite different from bread wheat, being a different species and having different proteins and nutritional values. It is therefore often suitable for a wheat free diet but not a gluten free diet.

What range of gluten/wheat-free products do we have?

People who have been diagnosed as allergic, or sensitive, to gluten or wheat often panic as all of the foods that they love suddenly appear off limits and they don't know what they are going to eat. We have a broad range of delicious gluten and wheat-free pasta, bread, biscuits, cereal, grains and flakes. They should also look out for gluten-free grains such as amaranth, quinoa, buckwheat, corn, millet, hemp and rice. Also, don't forget about tortilla chips, rice cakes, brown rice crackers and vegetable crackers. Not all of these products are organic, but it is important to provide people with gluten and wheat-free alternatives. Remember that gluten is in wheat, rye, barley and oats.

- Although we offer organic white bread, our emphasis is on wholemeal breads, which offer better nutrition and higher levels of fibre.
- Our breads are naturally made and do not include improvers.
- We have a range of breads for those avoiding wheat, gluten and/or yeast.
- Gluten is in wheat, rye, barley and oats.