



Introducing **True Grain Smart Carb**, an assortment of signature wholegrain loaves for customers craving the most nutritious and delicious bread imaginable. We're convinced these are the healthiest loaves money can buy. Here are 10 compelling reasons why:

ORGANIC – Organic farming ensures no harmful pesticides. All our flour is from organic BC grown grain. All ingredients in these loaves are organic except water (n/a), sea salt (n/a), yeast, & malt.

'TRUE GRAINS' – These loaves contain no hybridized modern wheat, only ancient grains that have remained "true to nature". (please refer to our "*Gluten & Modern Wheat*" pamphlet to learn more)

WHOLEGRAIN FLOUR – Wholegrain flour contains both germ & bran, the most nutritious parts of the grain kernel. It is significantly higher in fibre and nutrients than highly refined white flour which only contains the endosperm. Whole grains help regulate blood sugar (ie no spikes), lower blood pressure, lower cholesterol, aid with digestion, help control weight, & make you feel full & nourished.

FRESH NUTRIENT RICH FLOUR – We stone mill the grain kernels slowly and at low temperatures. Nothing is added. Nothing is removed. All the nutrition in the kernel is in the bread.

SIMPLE HIGH QUALITY INGREDIENTS – Real bread made from real ingredients. Deliciously simple yet simply delicious (please refer to our "*Bread Menu*" pamphlet for ingredient lists).

NO ADDED FATS OR SUGARS – Concerned about calorie count? Most store bought bread contains added fats and sugars, adding significant calories. There are NO added fats or sugars in ANY True Grain loaf.

NO ADDITIVES & PRESERVATIVES – Store bought bread often has +15 ingredients. Many are additives & preservatives with no nutritional value. There are NO additives/preservatives in ANY True Grain loaf.

RICH SOURCE OF PROTEIN – These loaves are rich sources of healthy protein found in nature. "Gluten" is simply protein found in a cereal grain. All True Grain loaves contain gluten (please refer to our "*Gluten & Modern Wheat*" pamphlet to learn more).

VEGAN – ALL True Grain loaves are Vegan (please refer to our "*Bread Menu*" pamphlet for ingredient lists).

CRAFTSMANSHIP – Each True Grain loaf is individually hand-scaled & handcrafted by a highly skilled baker.

Our **True Grain Smart Carb** line-up includes:

1. *Organic BC Grown Wholegrain Emmer with Sesame Seeds*
2. *Organic BC Grown Wholegrain Spelt with Flax Seeds*
3. *Organic BC Grown Wholegrain Khorasan with Pumpkinseeds*
4. *Organic BC Grown Wholegrain Dark Rye with Sunflower Seeds*

We invite you to taste the True Grain difference today!