

Forget what you know on Bread

The American Professor Julie Miller Jones states that people who either diet or not, should absolutely consume bread, and expresses that there is no correlation between carbohydrates and weight-gaining.

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One of the three-whites, which are not advised to be consumed, the main enemy of diets, flour and bread are found to be not-guilty. The teaching fellow in Food Sciences and Nutrition Department in St. Catherine University, Professor Julie Miller Jones said that being healthy and losing weight is impossible without bread consuming.

“TURKISH PEOPLE ARE SLIM BECAUSE THEY CONSUME BREAD”

Answering the questions of HaberTurk in “Wheat, Flour and Bread Congress” in Antalya, Jones expressed that bread is the most harmless product that carbohydrate can be obtained from because it does not contain any fat. She said “Body Mass Indexes (BMI) that are measured by dividing individual’s body weight by the square of their height are examined. BMI of women who consume one slice of bread a day is found to be 26.9 and who consume 5 slices of bread a day is to be 27.1; there is a slight difference. As for men, there is no difference between people who consume 1 slice and who consume 5 slices.” Stating that when yearly bread consumption per person is 150 kilos in Turkey, in America, the consumption is half of this amount, and she asserted that this is the reason why Turkish people are slimmer. Emphasising that two-thirds of women and men in America are obese, she said that brain also needs carbohydrate to work efficiently.

“A DIET WITHOUT CARBOHYDRATE CAUSES MYOLYSIS”

Jones states that diets without bread causes loss of muscle and water, not fat. “Muscles causes the fat in the body to burn. For this reason, people who diet only with protein and vegetables gain more of their lost weight back in the future; because there won’t be any muscles left in the body to burn the fat.” Providing information about a research consisting 122 obese women in Norway, she explained that among women who are separated in two groups as dieting with and without bread, women who dieted with bread lost more weight than the other group.

“DECREASES ALL CAUSES OF DEATHS BY TWENTY PER CENT”

Jones, stating that one can protect his health by eating whole grained bread, continued as follows: “For best results, whole grained bread must be combined with bread made from refined flour. According to studies, those who ate 6 slices of whole grained bread have 20% lower blood pressure, and 40% less intestinal cancer. When deaths by all causes are examined, when you eat 1 slice of bread, death rate decreases by 20 percent. What more can I say...”

“BREAD MUST BE ENRICHED”

Jones states that bread must be enriched with grains. “We do this in the USA. We now take folic acid and zinc from bread. But this is not very common in the Eastern Mediterranean.”