

# Bread Swaps

## HTH

Swap This (Conventional)	For That (Clean Alternative)	Why It's Better
Wonder Bread / White Bread	<b>Food for Life Ezekiel Sprouted Bread</b>	Made from sprouted grains, no added sugar, easier to digest.
Whole Wheat Bread (e.g., Nature's Own, Sara Lee)	<b>One Degree Organic Sprouted Bread</b>	Truly organic, sprouted, no glyphosate, no seed oils or preservatives.
Low-Carb "Keto" Bread (loaded with additives)  Standard flour tortillas	<b>Unbun Keto Buns &amp; Wraps</b>  <b>Siete Almond or Cassava Tortillas</b> <b>Simple Mills Almond Flour Flatbread Mix</b>	Grain-free, clean ingredients, no fillers or fake fibers.  Grain-free, no seed oils, made with simple roots or nuts.  DIY clean flatbread — just almond flour and a few whole-food ingredients.
Store-bought pita or naan (with preservatives)		
Bagels / English muffins	<b>Base Culture Bread or Buns</b>	Paleo-friendly, no grains or dairy, sweetened naturally (if at all). Real fermentation, no xanthan
Gluten-free breads with gums and starches	<b>AWG Bakery or Young Kobras (sourdough-style)</b>	gum, and gut-friendly ingredients.

When choosing bread, look for sprouted grains, sourdough fermentation, and 5 ingredients or fewer. Avoid added sugars, seed oils (like soybean or canola), and gums (like xanthan or guar gum) where possible.