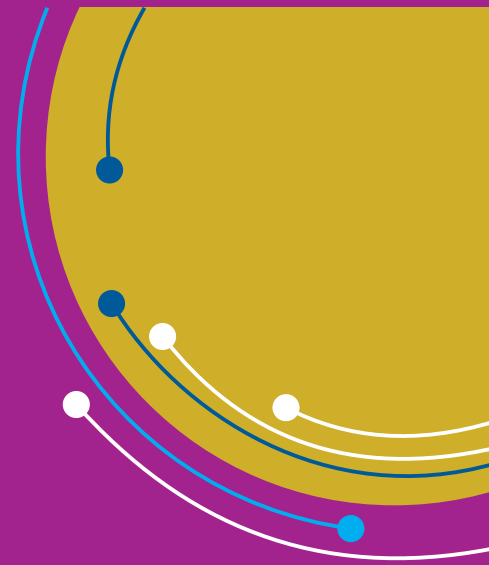


# Multigrain Bread



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Multigrain bread is a type of bread prepared with two or more types of grain. Multigrain bread may be prepared using whole, unprocessed grains, although commercial varieties do not necessarily always contain whole grains. Multigrain bread can be an important part of a healthy diet and an excellent way to eat more whole grains. Understanding the name is simple--“multigrain”--indicates the loaf should contain several different types of grains, which distinguishes it

from whole-wheat bread. These grains may include oats, cornmeal, barley, wheat, millet, flax or others. Whole grain multigrain breads contain a dietary fibre content of up to four times greater than white breads and may also contain more vitamins and protein compared to white bread. Multigrain breads also provide complex carbohydrates. Additionally, breads with multigrain are healthier options since they add extra essential proteins, fibre, minerals and vitamins.

Multigrain breads are prepared from different flour blends. Incorporation of multigrain in bread flour not only enhances the nutritional quality of bread but also help to uplift nutritional status of general population through benefitting from valuable bioactive components present in cereals other than wheat. It will help to improve the digestibility of gluten in celiac patients.

