



Homestyle BAKE

Country Goodness, Naturally

LOWER-CARB

CHIA VITALITY

LIGHT RYE

GRAIN FUSION

**Well
Being**

Now, more than ever people are looking for healthier food alternatives. In response, our range of Well Being breads further supports Homestyle's health and wellness initiatives.

100% QUEENSLAND FAMILY MADE & OWNED

A tasty Bread range that provides specific health benefits through added fibre and nutrient additives.



MIXED GRAIN



WHOLEGRAIN



RYE



CHIA

This range consists of four distinct sliced bread products with key health benefits through fibre and nutrient enrichment by using additives such as wholegrain, chia and rye.

Homestyle Bake's commitment to reduce salt in bread and bread rolls further supports our ethical approach towards supplying quality and healthier products.



LOWER-CARB

Why choose low carb? Low carb intake can contribute to more stable blood sugar levels whilst keeping your fat burning and satisfaction levels more even, therefore preventing your body from feeling hungry and reducing the amount of sugars stored in fat cells. Homestyle Bake's Lower-Carb bread provides fibre and protein and is lower in fat.

- ✓ LOWER CARBOHYDRATES
- ✓ GOOD SOURCE OF DIETARY FIBRE
- ✓ CAN IMPROVE DIGESTIVE HEALTH
- ✓ FULL OF TASTE



CHIA VITALITY

Chia is an ancient grain which originated from the Aztecs and Native American Indians. It was regarded as a "Superfood" providing strength, endurance and hydration, as well as sustaining them nutritionally on long journey to battle. Chia seeds contain antioxidants for your body's well being, 21% plant based Omega 3 ALA and has more dietary fibre than any other food from nature, supporting a healthy body and mind. Chia is also high in protein and fibre to keep you feeling fuller for longer.

- ✓ HIGH IN DIETARY FIBRE
- ✓ NATURAL ANTIOXIDANTS
- ✓ CHIA SEED FOR OMEGA 3 ALA
- ✓ CALCIUM & PROTEIN ENRICHED



GRAIN FUSION

Wholegrain Bread is packed with Grains and invisible Wholegrain Flour giving you the natural goodness of the entire grain and ensuring a soft and smooth crumb. Food high in wholegrains is believed to promote nutrition and good health. Grain Fusion with Wholegrain is filled with the goodness and flavour of sunflower seeds, linseeds, triticale, barley, wheat, mung beans and rye.

- ✓ **100% NATURAL WHOLEGRAINS**
- ✓ **HIGH IN DIETARY FIBRE**
- ✓ **PROMOTES GOOD DIGESTIVE HEALTH**
- ✓ **RICH IN NUTRIENTS & ANTIOXIDANTS**

2 Slices = 70% of your wholegrain recommended daily intake.



LIGHT RYE

Rye is rich in nutrients and antioxidants to help fight free radicals and is an excellent source of dietary fibre for good digestive health. It is important for maintaining heart health as it aids in the reduction of cholesterol levels in the body which contribute to heart disease and high blood pressure. Rye bread is an excellent addition to your nutritional and weight loss plan due to the fibre which has an exceptionally high water-binding capacity and quickly give you a feeling of fullness. Rye is low in GI therefore does not create high spikes in bloody sugar.

- ✓ **GOOD SOURCE DIETARY FIBRE**
- ✓ **CAN IMPROVE DIGESTIVE HEALTH**
- ✓ **RICH IN NUTRIENTS**
- ✓ **RICH IN ANTIOXIDANTS**





Well Being

Wholesome | Delicious | Good For You

For more information on the specifications of Homestyle Bake's Well Being and Gluten Free Bread range please contact your Area Sales Manager or email info@homestylebake.com.au

MULTIGRAIN CAFE SLICED



MUCASL
850GM

MEAL CAFE SLICED



MECASL
850GM



GLUTEN FREE BREAD



GLFRBR
600GM

GLUTEN FREE MULTIGRAIN



GLFRMU
600GM



WHITE CAFE HI FIBRE



WHHIFI
850GM

