

## **Obese and diabetics eat bread**

Written by Administrator

Thursday, 29 September 2011 10:10 - Last Updated Saturday, 01 October 2011 09:41

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The glycemic index of bread, and low power Syrknndgyash is high. Dry bread, have many types. They kind of relate to that city is very famous and most Osku also be sold there. The breads like lavash bread, flat Pkhtshan but how different is this form that are longer cooking time, so that the oven temperature is milder to the water inside the bread is completely evaporated.

Maintenance of the old methods are still common and in some parts of the drying method is use. Because germs and other microorganisms such as molds, yeasts and fungi need for water activities, and when water is not a food, but these factors can not grow. Bread mold is why I would not be Bayat.

### **Bread, all kinds**

Bread can be any type of flour (flour, plain flour and bran Rdhayy with different percentages) was prepared. They can be prepared as a dry bulk bread Fried bread. Toast bread, which is far too much cut and dried in the oven. The nutritional benefits of bread flour, which is also depending on their preparation and will be used. You should also see what material is used in bread formulations. Some of the bread in milk formula, milk, flour, oats, flour, malt and other ingredients are added to the nutritional value of these materials have raised bread.

### **Glycemic index breads, dried**

Glycemic index or glycemic index means that blood sugar rises after eating a meal. Glycemic index breads depends on the formulation and whether the flour has been used in full or not? What is bran? What other materials have been used in bread? And ... No matter how free sugars or carbohydrates that have a short carbon chain (such as monosaccharides, Dysakarydha etc.) Further, the glycemic index of bread goes up. But the polysaccharide to be more indigestible bread, bread or other food takes longer to digest and no matter how low on the glycemic index and the sugars are released later. Foods with low glycemic index is suitable for people with diabetes. But the glycemic index of bread or other food that is high Qndhaysh soon be released. Glycemic index breads in general not very high compared to other foods. What is more, because the bread is starch and starch in the batch and digestible polysaccharide takes place. Therefore, to rice, pasta and many other Ghzhay is Dyrhzmtr. So traditionally always been the bread and eat with your food. Among those in their bran breads are less prepared than white flour, have a higher glycemic index and Qndshan released earlier, but those that are made from full flour or barley flour is used Dakhlsan, lower glycemic index and later released Qndshan be. Moreover, the bread is dry Glaysmyash index is low and who should consume carbohydrate foods (sugar) to limit their spending, it is best to eat this bread.

### **This bread does not mold**

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Dry bread on the market today is that, unlike ordinary bread and Barbari Sangak like bread, is made from beginning to dry.

These breads are less thick and not if Baftshan to hold moisture. The product should be dry, so the chances of corruption will be minimized. Today in some parts of the traditional bread and dry them for use on a small amount of water shed. This will follow the principles of health.

Since these are usually dry bread mold Nmyznnd microbes and fungi that require moisture for their growth. Varies with time and smell the odor and Tmshan their obsolescence, which are expressions that people say they smell bad. The absence of smell can not take another.

While that type of packaging they must have permission of the Ministry of Health during the purchase of this note.

**Tags:** bakery equipment, bakery dough stuck, Tnvrgdan bakery to buy bread machines, pat now stuck with a broad base of women without baseline and rotating oven

Source: <http://breadclub.blogfa.com>