

## **FACTSHEET No. 6**

### **DID YOU KNOW?**

- Bread was eaten at least 7,500 years ago and remains our staple food today. It was called “The Staff of Life” in Biblical times!
- The bread industry is the second largest in the food sector with annual sales of £3 billion.
- We eat the equivalent of over 9 million large loaves of bread every day.
- Bread contains protein, complex carbohydrates, calcium, iron and the B vitamins - thiamin, niacin and a little riboflavin.
- Bread provides more protein, iron, B vitamins and complex carbohydrates per penny than any other food.
- Bread is the major source of fibre in our diet, providing a quarter of our daily intake.
- Bread contains very little fat and virtually no sugar.
- 70% of the bread we eat is white.
- There are three basic types of bread - white, brown and wholemeal - but more than 200 varieties are available to the UK consumer.
- Otto Frederick Rohwedder invented the first commercial slice-and-wrap bread machine in 1928. He sold his pre-sliced and wrapped bread in a bakery at Battle Creek, Michigan. By 1933 80% of all bread sold in the US was sliced and wrapped and the phrase “the best thing since sliced bread” was coined.
- Sliced bread was first introduced to the UK in the mid 1930’s.
- The Federation of Bakers was formed in 1942 to assist in organising wartime production and distribution of bread.
- Sandwiches account for up to 50% of the bread we eat.
- The sandwich commemorates the Earl of Sandwich - a famous gambler. A slice of meat between two slices of bread could be eaten without having to leave the gaming table for a meal!

- The record for the longest loaf ever produced is held by a bakery in Acapulco, Mexico, which baked a 9,200 meter `Rosca de Reyes` loaf in January 1996.
- The workers who built the pyramids of Egypt were paid in bread.
- The Great Fire of London started in a baker's shop.
- The phrase "a bakers dozen", meaning 13 and not 12, comes from the Middle Ages. As an early form of price-control, loaves had to be a certain weight and bakers, fearing the heavy penalties imposed for selling short weight, started adding an extra loaf to every dozen they sold.
- It takes around 350 ears of wheat to make enough flour for one 850 gram loaf of bread.
- The New Year tradition of 'first footing' involves leaving a piece of bread, coal and a silver coin at the front door – to bring you warmth, comfort and enough money to last throughout the coming year.

**BREAD, THE ORIGINAL FAST FOOD  
AND STILL THE BEST!**