



Bread is back

Innovative low GI bread now available in major retailers

Toronto, ON – June 6, 2007 – Stonemill Bakehouse, a Toronto-based artisan bakery, has launched an innovative, nutrient-dense *Sprouted Grains – 3 Grain Bread*, following two years of recipe development. This functional, great-tasting bread is made from 100% sprouted whole grain wheat kernels. No conventional flour is used. Instead, the whole wheat kernel is sprouted into a small shoot and then gently mashed into bread dough, maintaining every part of the whole grain - bran, germ and endosperm.

Research has determined sprouting increases the absorbable nutritional elements such as Vitamin B1 (thiamin), Vitamin B2, Vitamin B3, Vitamin B5 (pantathenic acid), Biotin, Folic Acid and Vitamin C (in some cases as much as 300%).

“It’s important to understand that not all breads are created equal,” says Dr. Joey Shulman, registered nutritionist. “Sprouted whole grain bread is the perfect nutritional foundation for everyone, everyday. Rich in fiber, minerals and vitamins, this bread offers the consumer a healthy low GI bread choice that fulfills the body’s need for satiation, with less and for longer, which eliminates the desire to overeat or indulge.”

Clinically tested by the Glycemic Index Laboratories in February 2007, *Sprouted Grains – 3 Grain Bread* was rated with a *Glycemic Index of 55, which supports its classification as a low GI food.

Whole grain sprouted bread also offers a rich source of lignans – plant estrogens that have shown to possess potential preventative benefits against heart disease and various cancers. And sprouted grains can act as potent detoxifiers for the kidneys, liver and intestines.

As with all Stonemill breads the *Sprouted Grains – 3 Grain Bread* is:

- free of added sugar
- free of chemical preservatives and additives
- free of added fats
- dairy free, egg free
- made with only all natural ingredients

“We are very proud to have developed bread that provides increased vitamins and minerals, made with ingredients you can actually pronounce and best of all, our customers love the taste. This may just be our best tasting bread yet and it’s available at major supermarkets throughout Ontario,” says Stonemill Bakehouse President, Gottfried Boehringer.

About Stonemill Bakehouse



Stonemill Bakehouse is a family bakery with 100 years of experience crafting **healthy, great tasting, artisan breads**. They are the whole grain experts. As artisan bakers, they bake their bread fresh every day, using authentic, traditional bread recipes and techniques. As a result, their bakery has evolved into Canada's leading healthy bread specialist, with over 15 different types of whole grain breads made from only all natural and organic ingredients.

*The Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to glucose or white bread. Choosing foods with a low GI rating more often than choosing those with a high GI may help you to:

- Control blood glucose levels
- Control cholesterol levels
- Control appetite
- Lower the risk for heart disease
- Lower the risk for type 2 diabetes

(Source: <http://www.diabetes.ca>)

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