

Five-star nutrition in every slice, backed by science

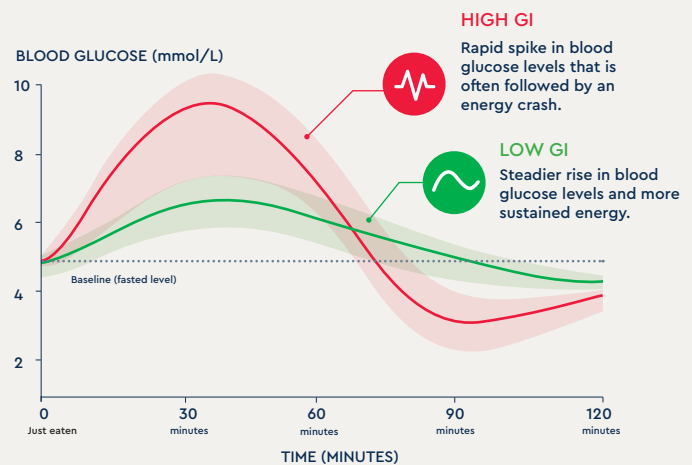


Not all breads are created equal. A blend of whole grains, seeds and legumes provides a broader mix of nutrients and helps to keep you full for 3 hours.

Low GI and sustained energy

Glycaemic Index (GI) measures how quickly carbohydrate-containing foods raise blood glucose levels.¹

- **High GI foods** are digested quickly, leading to a rapid rise and fall in blood glucose, often followed by increased hunger.
- **Low GI foods** are digested and absorbed more slowly and this supports more stable blood glucose levels for sustained energy and to keep you feeling full.



Fibre and digestive health

Dietary fibre is a type of carbohydrate that isn't fully digested in the small intestine. Instead, it moves through the digestive tract where it plays an important role in overall health.²

"Very high fibre" foods make a meaningful contribution toward daily needs, helping **support digestive health, feed beneficial gut bacteria and promote regularity.**^{2,3}

Grain fibre also contributes to satiety, helping you **feel satisfied** after meals and supporting appetite control across the day.⁴



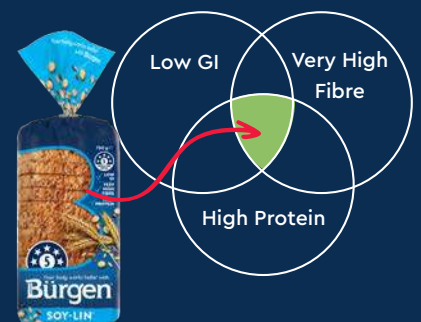
Protein and strength

Protein is an essential macronutrient required for the growth and maintenance of muscle and body tissues.⁵ It also plays a key role in appetite regulation.⁶

- ↓ **Lower protein meals** may leave you feeling hungry again after eating.⁶
- ↑ **Higher protein foods** help increase satiety, supporting a longer-lasting feeling of fullness.⁶

Your body works better with **protein, fibre and low GI carbs**

- ✓ Keeps you full for up to 3 hours
- ✓ Helps to keep you regular
- ✓ Supports muscle development



Same great taste. Better nutrition

For over 30 years, Bürgen® has been at the forefront of innovation, offering bakery products with proven health benefits. A speciality range of delicious and nutritious bakery products each formulated so that every bite benefits your body.

~Bürgen® Sunflower and Linseed contains at least 85% less carbohydrates (1.6 g/100 g) than each loaf in the Bürgen® bread range
**As part of a healthy and varied diet
^ Two slices of Bürgen® Rye contributes 35% of the 48 g Whole Grain Daily Target Intake
^^ Two slices of Bürgen® Wholemeal and Seeds contributes 65% of the 48 g Whole Grain Daily Target Intake
#Research supports that consuming a minimum of 16.9 grams of grain fibre per day, as part of a healthy, varied diet which is high in grain, supports digestive health

	SOY-LIN	RYE	WHOLEMEAL & SEEDS	LOWER CARB™
5 Health Star Rating	✓	✓	✓	✓
Low GI Keeps you full for up to 3 hours	✓ 50	✓ 54	✓ 51	
Very High Fibre	✓ 7.3 g/serve	✓ 7.3 g/serve	✓ 8.2 g/serve	✓ 14.6 g/serve
High Protein To support muscle growth**	✓ 13.3 g/serve	✓ 10.3 g/serve	✓ 11.1 g/serve	✓ 19 g/serve
High in Whole Grain		✓ 35% daily target^	✓ 65% daily target^^	
Supports Gut Health#		✓	✓	
Supports Immunity**	✓		✓	
Supports Reduction of Tiredness and Fatigue**		✓		

Bread that fuels, not just fills

✓ Backed by science

✓ Developed with Nutritionists and Bakers

✓ Your body works better with Bürgen®

High performance recipes to fuel your day

Breakfast

Blueberry and Ricotta toast

Serves 1

- 2 slices Bürgen® bread
- ½ cup ricotta cheese
- 2 handfuls of blueberries
- 30 g flaked almonds, toasted
- Lemon zest
- Sprinkle thyme

14 g
Fibre

29 g
Protein

Serving Suggestion

Lunch

Tunacado sandwich

Serves 1

- 2 slices Bürgen® bread
- 95 g can of plain tuna
- 3 Tbsp Greek yoghurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 2 sprigs fresh dill
- ¼ cup red onion, diced
- 1 clove garlic, crushed
- Pinch of pepper
- ¼ cup cucumber, diced
- 1 tomato, sliced
- ¼ avocado, sliced
- 1 Tbsp of pesto

13 g
Fibre

44 g
Protein

Serving Suggestion

Available in major supermarkets nationwide (excluding NT).
Look for Bürgen® loaves in the bread aisle

References: 1. The University of Sydney. About Glycemic Index. <https://glycemicindex.com/about-gi/>; 2. Reynolds et al. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *Lancet*. 2019 Feb 2;393(10170):434–445. doi: 10.1016/S0140-6736(18)31809-9; 3. Valdes et al. Role of the gut microbiota in nutrition and health *BMJ* 2018; 361:k2179 doi:10.1136/bmj.k2179; 4. Slavin JL. Dietary fiber and body weight. *Nutrition*. 2005 Mar;21(3):411–8. doi: 10.1016/j.nut.2004.08.018. PMID: 15797686; 5. Wolfe RR. The role of dietary protein in optimizing muscle mass, function and health outcomes in older individuals. *British Journal of Nutrition*. 2012;108(S2):S88–S93. doi:10.1017/S0007114S12002590; 6. Dhilon et al. The Effects of Increased Protein Intake on Fullness: A Meta-Analysis and Its Limitations. *J Acad Nutr Diet*. 2016 Jun;116(6):968–83. doi: 10.1016/j.jand.2016.01.003. Epub 2016 Mar 3. PMID: 26947338.

Disclaimer: This resource has been developed by George Weston Foods for use with healthcare professionals. It should not be construed as professional medical advice. May 2026 v1.



Learn more about the range here