

C02 Analysis of food labels to evaluate the nutritional quality of bread products from local supermarkets in Pasir Mas, Kelantan

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Bread has been a staple in Malaysian's palate for generations as it provides energy as well as other nutrients such as dietary fibre, vitamins particularly B-vitamins and minerals. The aim of the present work is to survey the nutritional quality of commercial bread loaves, specifically pre-sliced sandwich breads, present in local supermarkets in Pasir Mas, Kelantan. A total of 13 bread products, across three commercial bread categories, white bread (WB), high fibre bread (HFB) and flavoured bread (FB) were collected. Comparison of energy, carbohydrate, protein, total fat, dietary fibre, salt and price between three bread categories were analysed. Energy ($p=0.008$), carbohydrate ($p=0.027$), protein ($p=0.030$), total fat ($p=0.009$), dietary fibre ($p=0.037$), and price ($p=0.004$) of bread products showed statistically significant median differences across three bread categories while salt content ($p=0.333$) does not. Overall, FB has significantly higher energy (343kcal/100g), carbohydrate (52.40g/100g), total fat (9.90g/100g) than HFB and significantly greater price (RM1.39/100g) than WB. HFB has significantly higher protein content (13.50g/100g) than WB and has significantly greater dietary fibre (5.50g/100g) than FB. A very strong positive correlation was observed between energy and total fat ($r=0.966$, $p<0.001$) while a strong positive correlation was observed between energy and carbohydrate ($r=0.697$, $p=0.008$). No correlation observed between energy and protein in this study ($p=0.318$). The present work showed the analysis of commercial bread products, specifically pre-sliced sandwich bread. This study will be useful as reference in future studies related to analysis of bread products.