HOW MUCH BREAD IS IN YOUR SANDWICH?

PAN BREAD
2 slices of wholemeal pan bread (158 kcal)

PANINI
1 panini (283 kcal) = 2 ¼ regular slices of pan bread

PITTA BREAD
1 pitta bread (153 kcal) = 2 regular slices of pan bread

CRUSTY ROLL
1 white crusty roll (151 kcal) = 1 ½ regular slices of pan bread

TORTILLA WRAP
1 tortilla wrap (160 kcal) = 2 regular slices of pan bread

DEMI BAGUETTE
1 demi baguette (216 kcal) = 4 regular slices of pan bread

THICK SLICES OF BREAD
2 thick cut slices of pan bread (193 kcal) = 2 ½ regular slices of pan bread

BAGEL
1 bagel (191 kcal) = 2 ½ regular slices of pan bread

CRISP BREAD
2 crisp bread (57 kcal) = ¼ regular slice of pan bread

Choose brown or wholemeal options to increase your fibre.