

If I say **bread**...

what comes to your mind?



**A LITTLE GUIDE TO BREAD,
our everyday staple**

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Why are we talking about bread and flours?

Bread is not just food: it stands as a **symbol of culture, tradition** and **identity**. Throughout history, it has held a place of honor on tables all around the world, and **UNESCO** has recognized it as part of humanity's Intangible Cultural Heritage.

The **grains** used to make bread have long stirred anxieties: the fear of shortages, concerns over quality, and above all, the dread of contaminated cereals that might endanger our health. More recently, a wave of "**carbophobia**" – the obsession with cutting carbohydrates (and thus bread) from daily diets in favor of protein-heavy plans – has taken hold. Many believe that swapping bread for its bread alternatives such as rusks, crackers, breadsticks, friselle, taralli, rice cakes, flatbreads, etc., is a healthier choice. It's common for those aiming to lose weight to eliminate bread entirely, often overindulging in these substitutes instead.

Our recommendation is to favor bread itself in your regular diet. Bread still plays a fundamental role in nutrition and remains a key staple. Not all breads are created equal: the type of flour used, the leavening method, and the amount of added salt, sugar or fat all influence its characteristics.

Join us on this journey
to rediscover bread,
our everyday staple.



Grains and flours: taking stock

Wheat

By “**wheat**” (or “wheats”) we mean roughly twenty species and subspecies – both domesticated and wild – all belonging to the botanical genera *Triticum* and *Aegilops*. Their evolutionary history is marked by hybridization events between different species and by the human selection of plants with particular genetic traits. Wheat is one of the world’s major crops thanks to its ease of cultivation, its highly nutritious grain, and its long shelf life. Among the domesticated wheats used for human consumption are einkorn (*Triticum monococcum*), emmer (*Triticum dicoccum*), durum wheat (*Triticum turgidum turanicum*; in Italy four subspecies are grown, the best known commercially being Kamut®), spelt (*Triticum spelta*) and common wheat (*Triticum aestivum*).



Ancient or modern?

There are **ancient wheats** and **modern wheats**. Over time, humans have continuously selected the best varieties – first on an empirical basis and later by harnessing advances in genetics. Modern varieties have been strongly influenced by the introduction of chemical fertilizers and pesticides during the so-called “**Green Revolution**” (1950–1985). In everyday language, any wheat variety selected before that period is labeled “ancient.”

We can summarize the four key **differences** between pre-revolution and post-revolution wheats as follows:

- **Gluten strength**, meaning the greater or lesser elasticity and extensibility of the flours. Modern wheats develop much stronger gluten than ancient ones.
- **Plant height**, which is over 150 cm in pre-revolution wheats, whereas post-revolution varieties are dwarf, under 100 cm.
- **Yield per hectare**, since in modern varieties the grain represents about 50 % of the plant’s weight, while in ancient ones only about 30 %.
- **Genetic variability**, because ancient cultivars were mixtures of genotypes with high overall biodiversity, whereas after the revolution breeding moved toward “pure-line” wheats – all genetically identical – resulting in a significant net loss of biodiversity.

Cultivar

A group of cultivated plants that have been selected for one or more desired characteristics (for example, yield, resistance, and quality) and maintained genetically stable over time, so that all the plants exhibit the same distinguishing traits.

Nutritional advantages of ancient grains

- Their starch is different, and they have a lower glycemic index – even when milled to the same fineness – an important factor for slowing the rise in blood sugar after meals and avoiding insulin spikes.
- Their protein content is higher than that of modern wheats. Micronutrient density is greater, and the profile of polyphenols is much more varied, even if total quantities are similar.
- Notably elevated are the levels and range of antioxidants, including selenium, present at concentrations two to three times higher than in modern wheats. Ancient grains are also rich in carotenoids – particularly lutein, which is important for eye health.
- Ancient grains contain gluten percentages similar to modern wheats, but the different structure of this protein yields breads that are less fluffy yet more digestible and nutrient-dense.

Whole or refined?

- The wheat kernel consists of carbohydrates, proteins, fiber, vitamins and minerals, but many of the most valuable nutrients are concentrated in the bran and germ, the outer layers of the grain. When producing **refined flours and semolinas**, the bran and germ are almost entirely removed, resulting in a loss of fiber, B- and E-group vitamins, minerals and antioxidants. **Whole-grain flours and semolinas**, by contrast, retain all parts of the kernel, providing higher fiber content that supports regular bowel function and a healthy gut microbiota (prebiotic effect), slows the absorption of glucose and cholesterol, and increases satiety. Thanks to these benefits, whole-grain products have a lower glycemic impact, helping to prevent metabolic diseases such as diabetes mellitus. Moreover, whole grains – especially those from ancient varieties – offer elevated levels of micronutrients and antioxidants that help protect health.

Flour or semolina

Semolina comes from milling *durum wheat*, whereas **flour** is produced by milling common (*soft*) *wheat*.

The two types differ in **the particle size** of their millings: semolina has coarser granules and is therefore primarily used for making pasta (though it is also used for breads, such as the famous Altamura loaf), while flour consists of very fine particles, making it ideal for leavened baked goods.

Rye

Rye (*Secale cereale* L.) is one of the classic ancient cereals, likely first appearing more than 2,000 years ago in the wheat fields of Asia Minor. It is especially cold-tolerant, able to grow even in arid soils, and is therefore cultivated in many regions with harsh climates. Its seeds are rich in carbohydrates (starch and fiber), moderately high in protein, low in lipids, and abundant in vitamins and minerals.

Rye bread is notable for its high soluble-fiber content, proteins with a good level of the amino acid lysine, unsaturated fatty acids, vitamin E and minerals such as potassium, magnesium, zinc and phosphorus. The soluble fibers in rye bread help prevent sharp spikes in blood sugar after meals, promote satiety and support a balanced intestinal microbiota; they also improve the product's shelf life.

In alpine regions such as **South Tyrol**, rye bread – a dark loaf with a thick crust and brown crumb, often enriched with spices – is the bread of choice. Compared to wheat bread, rye bread is lower in calories and contains less gluten (though it remains unsuitable for those with gluten intolerance).



Gluten

Many of the organoleptic qualities (taste, aroma, texture) of flour- and semolina-based foods are attributable to their **protein component** – primarily gluten, which makes up about 80 % of the grain's total protein. When flour and water are mixed, gluten forms an elastic network that traps the gases produced during fermentation, creating the characteristic bubbles in the dough that give baked goods their light, airy crumb. Thanks to its visco-elastic properties, gluten enables breads and other baked products to achieve a volume and tenderness that cereals like rice, corn, oats, barley or rye cannot match.

However, **gluten proteins** are also responsible for **intolerances** and **allergies** in genetically predisposed individuals, including celiac disease and non-celiac gluten sensitivity. The only treatment for celiac disease is lifelong **complete exclusion** of gluten from the diet. No wheat – or any gluten-containing grain – can be considered safe for people with celiac disease. Whenever cereals or their derivatives are present in a food product, they must be listed among the ingredients and clearly highlighted (for example, by using different fonts, letters or background colors).

“Strength flours” are defined by their high protein content (13 % or more) and therefore by their high gluten content, which makes the dough more elastic thanks to their ability to absorb liquids and, at the same time, retain a certain amount of carbon dioxide during the leavening phase; however, the strength of a dough depends primarily on the quality of the gluten and only secondarily on its quantity.

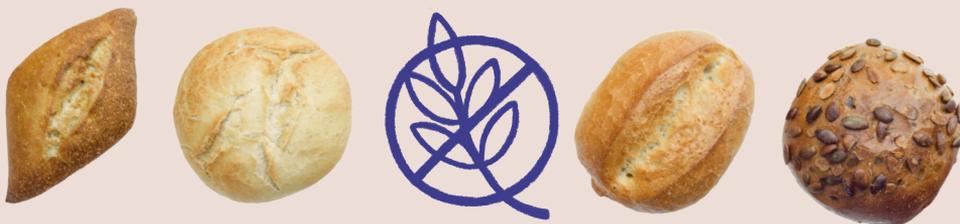
This is indicated on flour packages by **the letter W: WEAK FLOUR** for values below 170 W; **MEDIUM FLOUR** up to 260 W; **STRONG FLOUR** up to 350 W; **SPECIAL FLOUR** when values exceed 350 W.



Gluten-free foods

There are commercially available bread and bakery product substitutes specifically formulated for people with gluten intolerance, usually made from gluten-free cereals such as corn, rice or from starches. These products bear the label **“gluten-free”**. This designation may only be used for foods in which gluten is traditionally present – like bread – but is absent in the product in question. You will also see phrases such as “specifically formulated for celiacs – people intolerant to gluten” or “suitable for celiacs – people intolerant to gluten.” These may appear on any food product, always alongside “gluten-free,” provided that no gluten-containing raw materials are used and cross-contamination is prevented.

The national list of gluten-free products is maintained in the **National Register of Products Covered by the National Health Service (SSN), Section 2: Gluten-Free Foods.**



Celiac disease

Celiac disease is a condition triggered by the ingestion of gluten in genetically predisposed individuals. It can manifest at any age with signs and symptoms that vary widely in intensity and location:

- The **“classical” form** generally appears during the first three years of life, with gradual onset of poor appetite, chronic diarrhea, failure to thrive or weight loss, abdominal distension and mood changes.
- The **“non-classical” form** is seen in children over three years old and is characterized by nonspecific gastrointestinal symptoms and/or extra-intestinal manifestations such as iron-deficiency anemia, chronic fatigue, short stature, delayed puberty, elevated liver transaminases or dermatitis herpetiformis.
- There are also **“silent”** and **“potential” forms**, which may present with minimal or no immediate symptoms but carry the same immunological markers.

The importance of fermentation: why sourdough makes a difference

In the oldest bread-making processes, wheat was crushed and eaten as a wet paste. Only later did people begin to mill it using primitive mills and to sift it. The resulting flour was mixed and shaped into large loaves, which were then baked on hot plates or directly in the fire. Eventually, fermented dough came into use: the ancient Hebrews distinguished between leavened bread and unleavened bread (matzah), and knowledge of fermentation was passed on to the Greeks and Romans.

The use of sourdough represents the oldest leavening method. It consists of a mixture of water and flour that ferments spontaneously through the action of **wild yeasts** and **lactic acid bacteria**, imparting to the bread highly prized nutritional and sensory qualities. The main strength of sourdough lies in its rich microbial diversity: as many as 59 bacterial species and 80 yeast species have been identified.

Sourdough influences the texture, shape and volume of the loaf, the color of crust and crumb, the moisture level and porosity of the crumb, and the aroma and flavor of the final product.

Why is sourdough healthier?

Numerous scientific studies confirm that sourdough improves bread **digestibility** by breaking down complex proteins – such as gluten – and making its nutrients more bioavailable. Thanks to lactic acid bacteria, naturally leavened bread has reduced phytic acid and increased levels of resistant starch, peptides, polyphenols, fiber and free fatty acids (FFAs), all of which promote the **absorption of essential minerals** like calcium, sodium, magnesium, iron and zinc. Moreover, sourdough reduces the glycemic index of bread, helping to prevent blood-sugar spikes.

Why does sourdough taste better?

Sourdough also enhances the sensory qualities of bread and other baked goods made with it. It produces a **softer**, more uniform crumb by creating smaller air pockets and **intensifies flavor** through the generation of aromatic compounds. Additionally, sourdough naturally inhibits mold growth and delays staling, **extending the bread's shelf life**.

Sourdough starter also represents the only natural tool for improving the rheological properties (such as tenacity, extensibility, elasticity, viscosity and adhesiveness), sensory attributes, nutritional profile and shelf life of gluten-free preparations made with alternative flours, such as corn, rice and pseudocereals.

Our recommendations:

- Choose **bread leavened with sourdough starter** or other natural agents (brewer's yeast, *Saccharomyces cerevisiae*) and allow the dough a prolonged resting period: it will be **more digestible and nutritious**.
- If you bake bread at home, keep in mind that a longer fermentation time guarantees a better loaf in every respect.



Organic or conventional?

Conventional agriculture is a farming system that relies on highly productive varieties (often in monoculture), mechanized processes, and the use of chemical fertilizers and pesticides. Its environmental impacts can be significant, for example through synthetic nitrogen and phosphorus in fertilizers, pesticide dispersion, soil erosion, water consumption and biodiversity loss. Moreover, the chemicals used can affect human health, as many are carcinogens or endocrine disruptors.



Non-conventional agriculture, by contrast, employs alternative techniques such as organic farming, permaculture, biodynamic agriculture and agro-homeopathy. It uses crop varieties adapted to the local environment, intercropping, crop rotation, light mechanization, manure and cover-crop fertilization, natural substances and biological methods for pest control.

Organic farming in particular reduces the use of agrochemicals and fertilizers, but cannot fully prevent plant diseases and often yields less than conventional agriculture – potentially affecting food availability and cost.

Another approach aimed at boosting productivity while cutting chemical inputs is **genetic improvement**: the process of altering the genetic makeup of crops or livestock to enhance traits beneficial to humans. This strategy could help maintain current output levels with fewer chemicals by selecting plants that are genetically more resistant to pathogens.

Green manure

The practice of “**green fertilization**” in which the plants grown on the field intended for cultivation are then cut and incorporated as biomass into the top layers of soil, enriching it.

Thanks to green manure, the soil becomes more friable and easier to work, tends to retain water reserves more effectively, and remains protected from weather and erosion.

Acrylamide in bread: what it is and why it matters

Acrylamide is a compound that forms in starch-rich foods during high-temperature cooking (such as frying, baking, grilling, or industrial processing above 120 °C with low moisture). The products that contribute most acrylamide are **coffee** and coffee substitutes, **fried potatoes** and **chips**, and baked goods like **pizza**, **cookies**, **rusks**, **breakfast cereals**, **crackers** and **bread**. The chemical process that creates acrylamide gives foods their characteristic toasted appearance and more intense flavor.

Acrylamide has been identified as a potentially genotoxic and carcinogenic substance – that is, it can cause mutations in our DNA and increase cancer risk. In Europe, everyone is exposed, and children – due to their high consumption of at-risk foods and lower body weight – are exposed up to ten times more than adults. Although there is no completely safe dose and eliminating acrylamide from foods is essentially impossible, a “dose with negligible effect” can be established.

The **good news** is that in the **Tyrolean breads** we analyzed, average acrylamide levels were safe and below the limits set by European regulations for all types of bread. No significant differences were found between white bread and soft rye bread; dry rye bread (Schüttelbrot) showed higher acrylamide content than the other two, but still within recommended limits. With bread consumption in line with nutritional guidelines (50 g per day for children and 100 g per day for adults), there are therefore no health concerns for the population over three years of age.

Our recommendations:

- **Avoid** bread with an **excessively dark, brown crust** – opt instead for a golden crust.
- **Choose soft bread** over crispy bread for daily consumption, as it contains lower acrylamide levels.
- If you bake bread at home, bake it at lower temperatures for slightly longer times. Acrylamide forms more rapidly at temperatures above 180 °C.



Salt in bread: mind the amount!

Did you know that bread – although less salty than other processed foods like snacks or ready meals – is one of the main sources of salt in our diet? This is because it's consumed regularly and in significant quantities. As you may already know, reducing salt intake is important for cardiovascular health, and even a modest decrease in daily consumption can have a positive long-term impact. According to the European Food Safety Authority (EFSA) guidelines, the **safe daily intake of sodium** varies for adults and children.

The **table** below shows the EFSA's recommended safe daily sodium intakes for healthy individuals without specific health conditions (e.g., kidney disease). The equivalent amounts of salt are given in parentheses.

Age group	Safe daily sodium intake
1 to 3 years	1,1 g (2,75 g of salt)
4 to 6 years	1,3 g (3,25 g of salt)
7 to 10 years	1,7 g (4,25 g of salt)
11 years and older	2 g (5 g of salt)

Our recommendation:

- Choose low-salt bread, especially for everyday consumption.



Does bread make you gain weight? Let's bust a myth!

You often hear that “bread makes you gain weight,” but is that really true? The fact is that bread can be part of a balanced diet if you choose wisely and eat the right portions.

First, quality

Not all breads are the same. Whole-grain bread – rich in fiber and nutrients – helps you feel fuller for longer and supports healthy digestion. Opting for bread made from minimally refined flours, naturally leavened and free from artificial additives, is a smart choice for your health.

The matter of quantity

As with any food, it's the amount that matters. Eating moderate servings of bread alongside proteins and vegetables contributes to a balanced diet without compromising weight control.

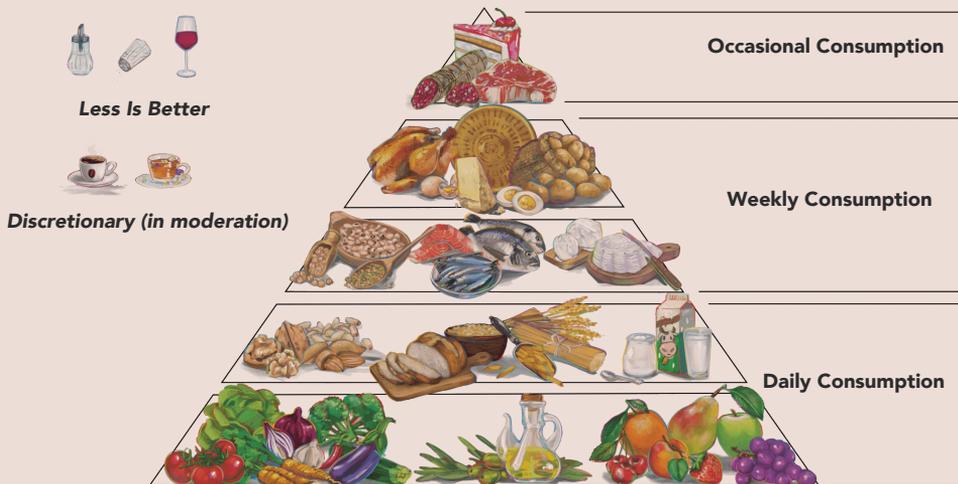
Remember: Bread is a valuable food that, when selected and consumed mindfully, can fit into a healthy, active lifestyle.

Also keep in mind that **bread substitutes** (such as crackers, breadsticks and rice cakes) contain much less water, so they are **more calorie-dense** by weight. They are often **high in salt, saturated fats** (like lard, palm or coconut oil), sometimes **sugars**, and rarely made from 100 % whole-grain flour – making them lower in fiber.



Our recommendations:

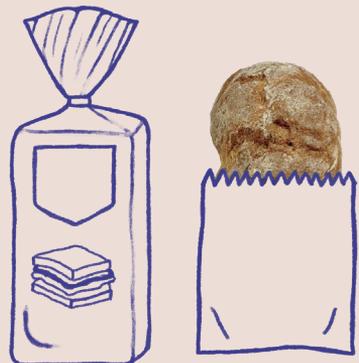
- All diets deemed healthy and longevity-promoting derive at least 50 % of **total daily calories from carbohydrates**; for sedentary individuals this can be reduced to around 40 %. The Mediterranean diet is an excellent dietary model.
- **Moderate your portions:** guidelines suggest 1 serving (50 g) of bread per day for children and 2 servings (100 g) per day for adults. Bread is a grain-based product and thus fulfills your grain allowance.
- **Avoid** pre-packaged or preserved processed breads, which often contain added sugars, hidden fats and preservatives.
- Try **not to combine bread with other carbohydrate sources** in the same meal – such as pasta, rice, potatoes or other grains – to maintain nutritional balance. For example, if you consume a portion of pasta or whole grains (80 g), adding bread would be redundant.
- Scientific studies show **that higher intakes of plant-based foods**, alongside reduced consumption of animal-derived and ultra-processed foods, are associated with a **lower risk of disease**.



Fresh bread and preserved bread: understanding the labels

When it comes to bread, it isn't always easy to navigate the different definitions on packaging or at points of sale. To help clarify, here's a summary of the main categories and their labels.

- **Bread** – A product obtained by fully or partially baking a suitably leavened dough made from wheat flour, water and yeast, with or without the addition of common salt (sodium chloride).
- **Fresh bread** – Bread produced by a continuous process (from the start of preparation to retail sale no more than 72 hours later), free of preservative additives or other treatments with a preservative effect.
- **Preserved bread (or long-lasting bread)** – Bread sold unpackaged that undergoes an additional preservation method during preparation or production. This category includes:
 - Non-frozen preserved bread: bread whose production-to-sale time exceeds 72 hours, or that contains preservative additives (e.g., propionates, sorbic acid or potassium sorbate in sliced bread), or is treated with a preservative (e.g., ethyl alcohol in sandwich loaf).
 - Frozen bread.,
 - Par-baked bread: bread only partially baked at origin, with baking completed at the point of sale.
 - Frozen par-baked bread: as above, but preserved by freezing.
- **Unpackaged bread** – Bread offered for retail sale either without packaging or packaged on request directly at the point of sale. This includes so-called “pre-wrapped” and “bulk” products that may be packaged on site (even under vacuum or protective atmosphere) to extend shelf life.
- **Pre-packaged bread** – Bread packaged before sale in a unit intended to be presented to the final consumer as is. Often also called “packaged bread” or “pre-packed bread.”
- **Bakery products or fine baked goods** – This category includes sweet and savory items such as biscuits, cakes, muffins, doughnuts, rusks, cereal bars, pastries, croissants, crackers, crispbreads, breadsticks, unleavened breads, focaccias, pizzas, ready-to-bake or ready-to-prepare doughs, as well as wafers, communion breads and other similar products.



Farmhouse bread in South Tyrol – a story from long ago

Simona Nascetti

The preparation of bread at the mountain farmsteads in South Tyrol required the involvement of the entire family and represented a prolonged commitment. Bread was typically baked only once or twice a year and had to last for many months. Therefore, the day chosen for baking was selected with great care – it had to be sunny and breezy so that the loaves would turn out well and keep for a long time.

The grain most commonly used was rye, a hardy cereal that can grow up to two meters tall even in arid soils, harsh climates and at high altitudes. Its short, narrow leaves are a deep green. Each node of the rachis gives rise to a small trifloral spikelet. The fruit is a cylindrical seed called a caryopsis, with one pointed end that contains the embryo.

Sown in autumn by the farmer in his fields, the rye was harvested in summer, and the kernels were stored in the granary tower known as the “Kasten” – or, more commonly, ground into flour and bran up to three or four times. The mountain farm farmer would oversee his grain from sowing to bread, never taking his eyes off this vital food resource – a means to stave off hunger. The transformation of the grain into bread therefore occupied a central, almost sacred place in farmstead life, marking the culmination of the arduous work in the fields.

To make the bread, rye flour was the primary ingredient – but not the only one. Equally important was the leaven, which in the form of a sourdough starter – “Sauerteig” – would bring the dough to life. In the days before baking, it was necessary to prepare



Photo: Atzwanger Hugo (Sarentino, Pennes, Gruber, 1944)
Archivio del “Museo provinciale degli usi e costumi”

the starter: a portion of flour was mixed with water in a wooden trough, then left to rest, covered in a warm place, for two to three days.

The oven itself also demanded lengthy preparation: to heat it and bring it to the proper temperature, the fire had to be lit the day before, requiring a large supply of wood. It was the men's task to gather the wood from the forest, split it, and then kindle the



Photo: Atzwanger Hugo (Fiè allo Sciliar, Pardeller, 1941)
Archivio del "Museo provinciale degli usi e costumi"

fire late in the afternoon, feeding it through the night until dawn. Up to one cubic meter of wood could be needed to heat the oven to its initial temperature – usually above 400 °C – and thereafter it would remain hot for two to three days.

Dough preparation, by contrast, took place in the *Stube*, the only heated room of the farmhouse, where the family typically gathered in the evenings to eat, work on small tasks or play games. On bread-making days, the *Stube* became the "bread room," where the dough was mixed and the loaves left to rest for their rise. On the wooden "Brotbretter" boards, linen cloths were spread and dusted with bran to prevent the dough from sticking. This room was the women's domain; bread making was their responsibility.

The afternoon before baking, a small portion of dough was prepared by mixing sourdough starter with water. The next morning, this mixture was transferred to a large wooden tub, where the rest of the rye flour, a small proportion of wheat flour (about 6 parts per 100), warm water and salt were added to complete the dough. Since as many as 700–800 loaves might be produced at once, roughly 200 kg of flour and a correspondingly large quantity of starter were required. Both arms were plunged into the tub and moved repeatedly and vigorously through the semi-dense mass to knead it and activate the precious yeasts and bacteria essential for the next stages. This operation could last up to an hour and demanded strong arms.

Spices such as cumin, fennel seed, anise and blue fenugreek were always added – not only for their aroma but also to aid digestion. These aromatic herbs were either cultivated in the farmers' gardens or grew wild in the meadows. Expertly dosed according to each family's taste, they gave rye bread its characteristic flavor: "the right amount" was simply whatever tasted right – no more, no less.

Once kneaded, the dough was left to rest in the wooden tub for about another hour; it rose rapidly, almost doubling in volume. The leavened dough was then transferred, piece by piece, onto a floured wooden work surface. Its very soft, sticky consistency made it impossible to handle directly. After coating her hands liberally with flour, the farmwife would gather an amount of dough that her flour-covered hands, cupped like spoons, could hold and then quickly drop it onto the bran-dusty linen strips covering the boards. Gravity and the ongoing fermentation shaped each loaf spontaneously. Another hour's wait – always warm – was necessary before the first loaves were ready for the oven.

The raw loaves were carried to the oven on wooden boards. Meanwhile, the remaining embers and ash had been swept away, and the oven's chamber cleaned with a wet straw broom. The chimney was closed to prevent heat loss. The task of actually baking fell to the men. One by one, the loaves were flipped from the cloth onto the peel and then slid onto the hot oven floor, restoring each to its proper position. Baking times depended on the oven's temperature: at first, only a few minutes – about ten – were needed; as the chamber cooled, baking times lengthened. It was a baker's art, requiring skill and attention – one misstep could ruin a year's work and leave the household short of bread.



Festa del pane di Pavicolo-Pawigl Brotzeit, Maso Burchrasthof
Photo: Simona Nascetti, 2023

At last the oven door was opened and the dark, fragrant loaves were set to “cool” on special wooden racks called Holzleitern. Once cooled, the loaves were transferred to wooden frames – Brotrahmen – in the bread room, the Brotzimmer. From then on, work proceeded in parallel: the women shaped the loaves in the Stube while the men baked them, in successive batches, until all the dough was used up.



Festa del pane di Pavicolo, Maso Burchrasthof
Photo: Simona Nascetti, 2023

Baking continued all day long. After the bread, small cakes were sometimes baked from leftover flour enriched with available dried fruit (chiefly walnuts, hazelnuts and raisins). The residual heat of the oven in the days that followed was used to dry fruit, herbs and spices – it was too precious to let go to waste.

A small portion of the bread was eaten fresh in the days immediately afterward, but most of it was dried and stored in the wooden Brotrahmen racks as a reserve for the long winter. The farmers were accustomed to eating dried bread, broken apart with the Grammel – a special board edged with a blade for snapping hard bread – and then dipped into milk or soup.



Grammel, Nr. inventario: 1272, Museum Ladin Ciastel de Tor

This little guide is part of the **“If I say bread... what comes to mind?”** campaign promoted by **the Food Hygiene and Nutrition Service (SIAN)** and carried out in collaboration with **the South Tyrol Bakers Association**. The campaign is one of the health-promotion initiatives and was funded through project grants from **the Prevention Department of the South Tyrol Health Authority**.



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