

Any Way You Slice It

Best Bites (✓✓) have no more than 120 milligrams of sodium per slice. **Honorable Mentions** (✓) have up to 150 mg. The grains in both are all (or almost all) whole. We disqualified breads made with the artificial sweetener sucralose or with non-trivial amounts of starches like tapioca or arrowroot. Breads are ranked from least to most sodium, then least to most calories. Note: All numbers are per slice. They may not match what's on some packages due to regional variations or the number of slices per serving.

Thin-Sliced—all or nearly all whole grain (1 slice)

	Calories	Sodium (mg)
✓✓ Pepperidge Farm Very Thin 100% Whole Wheat (0.5 oz.)	35	60
Pepperidge Farm Light Style 100% Whole Wheat (0.7 oz.) ^S	45	65
✓✓ Pepperidge Farm Whole Grain Thin Sliced (0.9 oz.) ¹	70	70
✓✓ Dave's Killer Bread Organic Thin-Sliced Powerseed (1 oz.)	60	90
✓✓ Sara Lee Delightful Healthy Multi-Grain (0.8 oz.)	45	95
✓✓ Oroweat Organic Thin-Sliced Sweet Baby Grains (1 oz.)	70	100
✓✓ Arnold, Brownberry, or Oroweat Small Slice 100% Whole Wheat (1 oz.)	70	105
✓✓ Dave's Killer Bread Organic Thin-Sliced 21 Whole Grains and Seeds (1 oz.)	70	105
✓✓ Sara Lee Delightful Honey Whole Wheat (0.8 oz.)	45	110
✓✓ Dave's Killer Bread Organic Thin-Sliced—100% Whole Wheat, Good Seed, or Sprouted Whole Grains (1 oz.) ¹	70	115
✓✓ Arnold, Brownberry, or Oroweat Organic Thin-Sliced Sprouted Wheat (1 oz.)	70	120
✓ Arnold, Brownberry, or Oroweat Organic Thin-Sliced 22 Grains & Seeds (1 oz.) ¹	80	125
✓ Oroweat Organic Thin-Sliced 100% Whole Wheat (1 oz.)	70	130

Thin-Sliced—NOT all or nearly all whole grain (1 slice)

	Calories	Sodium (mg)
Pepperidge Farm Light Style Soft Wheat (0.7 oz.) ^S	45	65
Pepperidge Farm Light Style Oatmeal (0.7 oz.)	45	85
Pepperidge Farm Light Style 7 Grain (0.7 oz.) ^S	45	95
Sara Lee Delightful White Made with Whole Grain (0.8 oz.)	45	100
Arnold, Brownberry, or Oroweat Small Slice Oatnut (1 oz.)	80	100
Dave's Killer Bread Organic Thin-Sliced White Bread Done Right (1 oz.)	70	125

Regular—all or nearly all whole grain (1 slice)

	Calories	Sodium (mg)
✓✓ Angelic Bakehouse 7-Grain No Added Salt (1 oz.)	60	0
✓✓ Food for Life Organic Ezekiel 4:9 Low Sodium (1.2 oz.)	80	0
✓✓ Alvarado St. Bakery No Salt Added Multigrain (1.2 oz.)	90	10
✓✓ Food for Life Organic 7 Sprouted Grains Cinnamon Raisin (1.2 oz.)	80	60
✓✓ Food for Life Organic Genesis 1:29 Sprouted Grain & Seed (1.2 oz.)	90	60
✓✓ Angelic Bakehouse 7-Grain Reduced Sodium (1 oz.)	60	65
✓✓ Food for Life Organic Ezekiel 4:9 Cinnamon Raisin (1.2 oz.)	80	65
✓✓ Food for Life Organic Ezekiel 4:9 Flax (1.2 oz.)	80	70
✓✓ Food for Life Organic Ezekiel 4:9 Sprouted Grain (1.2 oz.)	80	75
✓✓ Food for Life Organic 7 Sprouted Grains (1.2 oz.)	80	80
✓✓ Food for Life Organic Ezekiel 4:9 Sesame (1.2 oz.)	80	80
✓✓ Silver Hills Sprouted Power Little Big Bread (0.8 oz.)	60	90
✓✓ Nature's Own 100% Whole Wheat (0.9 oz.)	60	110
✓✓ Sara Lee 100% Whole Wheat (0.9 oz.)	60	115
Pepperidge Farm Swirl 100% Whole Wheat Cinnamon with Raisins (1.2 oz.) ^S	90	120
✓✓ Pepperidge Farm Whole Grain 100% Whole Wheat (1.7 oz.)	130	120
✓ Nature's Own Life 100% Whole Grain Sugar Free (0.9 oz.)	50	125
✓ Pepperidge Farm Whole Grain Honey Wheat (1.7 oz.)	140	125
✓ Pepperidge Farm Whole Grain 15 Grain (1.7 oz.)	130	130
✓ Silver Hills Organic Sprouted Power Big Red's (1.2 oz.)	90	135
✓ Dave's Killer Bread Organic Powerseed (1.5 oz.)	100	135
✓ Silver Hills Sprouted Power The Big 16 (1.3 oz.)	100	135
✓ Pepperidge Farm Whole Grain Oatmeal (1.7 oz.)	130	135
✓ Silver Hills Organic Sprouted Power The Queen's Khorasan (1.2 oz.)	90	140
✓ Brownberry Whole Grains Double Fiber (1.5 oz.)	100	140
✓ Brownberry Whole Grains Health Nut (1.5 oz.)	110	150
Dave's Killer Bread Organic 100% Whole Wheat (1.5 oz.)	100	160
Dave's Killer Bread Organic 21 Whole Grains and Seeds (1.6 oz.)	110	170
Pepperidge Farm Whole Grain Sprouted Grain (1.6 oz.)	120	180
Pepperidge Farm Farmhouse 100% Whole Wheat (1.7 oz.)	130	180
Arnold, Brownberry, or Oroweat Organic 100% Whole Grain (1.7 oz.)	140	200
Arnold, Brownberry, or Oroweat Organic 22 Grains & Seeds (1.7 oz.) ¹	140	230
Mestemacher Whole Rye (2.5 oz.)	180	270

Regular—NOT all or nearly all whole grain (1 slice)

	Calories	Sodium (mg)
Dave's Killer Bread Organic Raisin' the Roof! (1.2 oz.)	90	95
Pepperidge Farm Swirl Raisin Cinnamon (1.2 oz.)	100	105
Nature's Own Honey Wheat (0.9 oz.)	70	110
The Cheesecake Factory At Home Our Famous "Brown Bread" Wheat Sandwich Loaf (1 oz.)	80	110
Sara Lee White Made with Whole Grain (1 oz.)	70	135
Thomas' Swirl Cinnamon Raisin (1.1 oz.)	100	140
Arnold, Brownberry, or Oroweat Organic Oatnut (1.7 oz.)	140	170
Dave's Killer Bread Organic White Bread Done Right (1.4 oz.)	110	180
Pepperidge Farm Farmhouse Whole Grain White (1.7 oz.)	120	190
Brownberry Country Style Oatmeal (1.7 oz.)	130	190
Pepperidge Farm Made with Whole Grain Seeded Jewish Rye (1.1 oz.)	80	210
Pepperidge Farm Farmhouse Homestyle Oat (1.7 oz.)	130	210
Dave's Killer Bread Organic Righteous Rye (1.6 oz.)	110	220
Nature's Own Perfectly Crafted Thick Sliced Multigrain (1.5 oz.)	110	220
Pepperidge Farm Farmhouse Multigrain (1.7 oz.)	140	220
Nature's Own Perfectly Crafted Thick Sliced Soft Rye (1.5 oz.)	110	260

Gluten-Free, Grain-Free, or Low-Carb* (1 slice)

	Calories	Sodium (mg)
✓✓ Food for Life Gluten Free Brown Rice (1.5 oz.)	100	90
Base Culture Cinnamon Raisin (1 oz.) ^R	90	105
✓✓ Outer Aisle Cauliflower Sandwich Thins—Italian, Jalapeño, or Original (1.1 oz.)	50	120
Canyon Bakehouse Gluten Free 7-Grain (1.2 oz.) ^R	90	120
✓ Trader Joe's Cauliflower Thins (1.1 oz.)	50	130
Udi's Gluten Free Whole Grain (0.9 oz.) ^R	70	135
Outer Aisle Everything Cauliflower Sandwich Thins (1.1 oz.)	60	160
Base Culture Original Keto (1.1 oz.) ^R	110	180
Unbun Unbread (1.1 oz.)	90	230

✓✓ Best Bite. ✓ Honorable Mention. ^SContains sucralose.

¹Average of the entire line or the varieties listed. *All breads in the section are gluten-free. ^RContains non-trivial amounts of starches.

Sodium Daily Value: 2,300 milligrams.

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