HOME

**10 Breads and Pastries That Filipinos Love**

**By Kerlyn**

<https://delishably.com/baked-goods/10-Well-Loved-Breads-and-Pastries-that-Filipinos-Fondly-Eat>

**Try These Traditional Filipino Breads and Pastries**

**1) Pandesal**

**2) Siopao**

**3) Ensaymada**

**4) Buko Pie**

**5) Crema de Fruta**

**6) Hopia**

**7) Empanada**

**8) Monay**

**9) Pan de Coco**

**10) Puto Seko**

Unfussy, modest, and without airs—if Filipino breads and pastries have character, then that's what it is.

These breads and pastries from the Philippines are well-liked by their equally self-effacing Filipino or Pinoy makers, who take delight in the thought that their baked creations nourish their bodies and lift their spirits.

In fact, any true-blue Pinoy should be able to recall a morning of eating hot *pandesal* with his or her family, an afternoon of eating *siopao* with friends, or the surprise of opening his or her lunch box at school and seeing a large, puffy, creamy *ensaymada*.

In the Philippines, breads and pastries are not just for eating. They are a tradition. Filipinos share these breads and pastries with their loved ones, bringing them home as *pasalubong* or gifts, and eating them together with family and friends during special occasions.

Much has changed in the tastes and lifestyles of most Filipinos. Many of us are now heavy eaters of muffins, bars, scones, turnovers, buns and rolls, croissants, Danish pastries, French breads, and other non-Filipino breads and pastries.

Amazingly, we Filipinos almost always come back to our time-honored Pinoy *hopia, monay,* and *pan de coco*. And we never miss out on*buko pie* and *crema de fruta*for special get-togethers.

While there are a lot of well-loved breads and pastries in the Philippines, below is a list of ten kinds that Filipinos are especially fond of.

**1. Pan de Sal or Pandesal**

The most humble of Filipino breads is also the most popular: pandesal, which is made simply with eggs, flour, salt, sugar, and yeast.

Created in the Philippines in the 16th century, pandesal has become a part of the traditional Filipino breakfast. Filipinos usually eat it in the mornings while it is oven-fresh and warm.

While pandesal can be eaten on its own, many Filipinos fill it with cheese, coconut jam, peanut butter, butter, fried eggs, sardines, or cooked meat. A cup of hot coffee or chocolate drink goes well with it.

Originally, pandesal was hard and crusty outside and bland inside. Over the years, it has changed into a softer and sweeter bread.

**2. Siopao**

Siopao is a round white steamed bun stuffed with pork, beef, shrimp, or salted egg and flavored with sweet or spicy sauces. It is very filling, and is usually eaten by Filipinos on the go as snacks in mid-afternoons.

Siopao is originally from China where is it called baozi. It is also popular in Thailand where it is called salapao.

**3. Ensaymada**

A kind of brioche, [ensaymada](https://delishably.com/baked-goods/How-to-Bake-Ensaymada-Fluffy-Creamy-Cheesy-Filipino-Bread) is a rounded Filipino bread flavored with grated cheese and sprinkled with sugar on top, making it popular among sweet-toothed kids and kids-at-heart alike.

Ensaymada is suited to people from all walks of like. Our local bakeshop sells it for a dime. But we can also get upscale ensaymada in five-star hotels, where it is topped with buttercream and filled with purple yam, ham, salted eggs, or macapuno (a jelly-like coconut variety).

Ensaymada originally came from Majorca, Spain where it is called ensaimada. It has become hugely popular in South America where Spain held several territories.

**4. Buko Pie**

Buko pie is a traditional Filipino baked pastry that uses coconut, a fruit present everywhere in the Philippines. It is filled with young coconut meat and is made sweet, thick, and rich with condensed milk.

Buko pie was originally plain. More recently, essences of almond, pandan and vanilla have been used to add interesting flavors to this already yummy dish.

**5. Crema de Fruta**

A staple during the yuletide season in the Philippines, crema de fruta was originally a soft cake layered with cream, custard, candied fruit, and topped off with gelatin.

Recently, however, Filipinos have created crema de fruta using layers of honey-flavored crackers, cream, condensed milk, candied fruits, and gelatin.

This colorful and lip-smacking treat is chilled until the gelatin is set. It is served cold.

**6. Hopia**

*Hopia* is a customary, delicious gift that Filipinos give to friends and families on special occasions. It can, however, be eaten on just about any ordinary day.

This round, bean-filled pastry is so popular in the Philippines that it has spawned varieties:

* **Hopiang mungo**: Filled with mung bean paste
* **Hopiang baboy:** Filled with pork, winter melon, and onions
* **Hopiang ube:** Filled with purple yam paste
* **Hopiang hapon:** Filled with azuki beans

**7. Empanada**

Empanada is a world-recognized pastry that got its name from the Spanish verb empanar, which means to wrap in bread. It is made by wrapping dough around fillings of meat, cheese, fruits, and vegetables.

The Filipino-style empanada is usually filled with beef, chicken, potatoes, onions, and raisins.

In the Ilocos region of the northern Philippines, famous for its local empanada, the pastry is made with egg yolks, local sausages, green papayas, and mung beans.

Pinoy empanada is either baked or deep-fried, giving it either a chewy or a crunchy texture.

**8. Monay**

Basically a milk and egg bread, monay is a heavy, fine, and solid baked goodie that is easily recognized by its large size, round shape, and crease on the top.

Its exterior is a bit hard but its interior is soft, chewy, and tasty enough to eat without any spreads.

**9. Pan de Coco**

Literally translated to English as coconut bread, pan de coco is a sweet, medium-sized bread with sweet shredded coconut meat inside.

Plump, round, and golden brown, it is usually eaten as a mid-afternoon snack.

**10. Puto Seko**

Light, crunchy and a bit tough on the outside, puto seko is a Filipino butter pastry that Pinoys love to dip into coffee or hot chocolate.

It is quickly recognizable by its small size, round shape, and white color. Puto seko can be ready in less than 30 minutes. Its ingredients are simply butter, sugar, corn flour, and baking powder.

**How to Start a Bakery Business in the Philippines: A Beginner’s Guide**

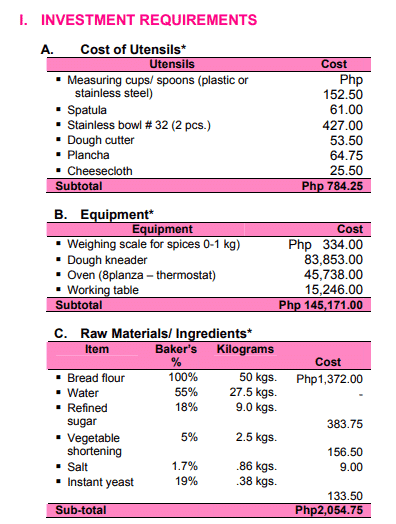
<https://filipiknow.net/bakery-business-in-the-philippines/>

Pinoys love to eat bread. In fact, it’s a staple food in the country second only to rice. For this reason, the bakery business in the Philippines is one of the most profitable ventures you can invest in.

Let’s find out the ins and outs of opening a bakery business in the Philippines, and whether or not it’s the right business idea you can succeed in.

Ideal for: Full-time entrepreneurs with experience in baking either through a previous job in a bakery or paid hands-on training.

**Capital:** Initial investment of Php 150,000 which can be lower if you put up the bakery business in your own place instead of paying as high as Php 30,000 in the monthly rental. The bulk of the capital is spent on purchasing baking utensils and equipment which can cost Php 60,000 or higher.



Pandesal business capital based on current market prices. Source: DTI.

The total capital also depends on what type/s of bread you’re planning to sell. If you’ll exclusively sell plain or malunggay pandesal, the cost to put up the business will be significantly lower since its ingredients are inexpensive and readily available (see table above to have an idea how much money you need to start a pandesal bakery).

**Pros:**

* Filipinos love to eat bread at any time of the day. At breakfast, they love eating pandesal and monay with a hot cup of coffee. Come merienda time, they usually snack on sweeter bread varieties like ensaymada, mamon, cheese bread, and pan de coco, washing it down with a cold bottle of their favorite soft drinks.  If you are to open a bakery business in the Philippines, bread and beverage is the perfect combo to sell.
* You have ready buyers regardless of the social class you’re trying to target. For the masa, classic Filipino bread is a proven best-seller. The higher-end market, on the other hand, buys more expensive varieties like hamburger buns, French bread, and cinnamon rolls.
* People buy convenience. The working class is too busy (or broke) to sit down in a fine dining restaurant to eat. They want a quick way to satisfy their cravings like a bread they can easily buy from a bakery and bring wherever they go.

**Cons:**

* It’s more demanding than food cart business or other food businesses that require smaller capital. Apart from the initial investment, you also have to invest a lot of your time, dedication, and patience to see it through the tough times. That’s why people who start a bakery business in the Philippines without any passion for bread-making rarely succeed.

**How to Start a Bakery Business in the Philippines: 12 Steps.**

**1. Evaluate the reason why you want to open a bakery business.**

Running a bakery business in the Philippines is challenging. Money is not the be-all and end-all of opening a bakery. You also need the knowledge capital that will help you manage the minute details of this food business.

If you’re just here for the money without the passion, training, and expertise needed, chances are you might quit in the face of struggles. Know your purpose and start from there.

**2. Take up baking courses.**

Starting a bakery business is different from baking cookies at home. You can learn the latter through YouTube tutorials and books about baking.

Baking for a lot of people, on the other hand, requires you to scale everything up.

People love to buy from bakeries who produce a hundred or thousand pieces of bread with the same exact taste. And this consistency can be achieved if you hire bakers who know about business-scale baking.

But what if one or all of your bakers suddenly quit? Unless you also know how to bake, your bakery business will inevitably stop its operation.

Fortunately, there’s no shortage of schools or training programs that can teach you hands-on baking experience.

Flour mills provide free or paid baking courses as part of their marketing efforts. The knowledge and skills they teach are recommended for aspiring bakery business owners because their seasoned instructors not only teach hands-on baking experience but also the business side of it.

One month of training experience should be enough to equip you with the tools you need to start running a bakery business.

The following is a list of baking schools owned and operated by flour mills:

**PAFMIL Baking Center** – a baking school run by the Philippine Association of Flour Millers (PAFMIL) and located at the DSWD Jose Fabella Compound, Correctional Road in Mandaluyong City.

**A baking school in BF Homes, Parañaque City** run by Pilmico Foods Corp.

**Maya Kitchen in Makati City** owned by Liberty Flour Mills.

**A baking school in Cebu City** run by General Milling Corp.

If you’re planning to open a bakery that will exclusively offer pandesal, you can grab the training opportunities offered by these institutions:

**Department of Science and Technology** – Science and Technology Information Institute (DOST-STII). Address: Gen. Santos Ave. Upper Bicutan, Taguig, Metro Manila; Tel. Nos.: (632)837.2191 to 95 / Telefax: 837.7520; Email: vbb@stii.dost.gov.ph; Website: http://www.stii.dost.gov.ph

**Technology Resource Center (TRC).** Address: TLRC Building, 103 J. Abad Santos cor. Lopez Jaena Sts., Little Baguio, San Juan, Metro Manila; Tel. Nos.: (632) 727.6205; Website: www.tlrc.gov.ph

**3. Perform basic market research.**

Assuming that you’re planning to open a bakery business with small capital, you don’t need to spend a lot of resources on market research.

In fact, you can do it on your own by asking people about their favorite bread, observing their behavior, and studying the products and pricing strategies of your close competitors (if there’s any).

The results of your market research should reveal the following:

**Your target market and the type of products that suit them.** If you live in a rich neighborhood, serving French bread and other high-end varieties makes a lot of sense. However, it won’t work in a bakery located in Tondo or smaller barangays in provinces where people prefer pandesal and other cheap bread they’ve become accustomed to.

**Your competitors and how to differentiate your bakery from theirs.**Competition is good if you look at it as a sign that there’s a demand for your product. In the case of bakeries, your competitors can help you understand whether there’s enough profitability, learn about the products that make them prof**itable and get ideas on how to make your bakery better than them.**

**4. Find a good location.**

In order for your bakeshop to flourish and recoup the initial investment faster, you must put it up in a residential area where there’s a great amount of foot traffic.

Ideally, the bakery business should be located where your house is so you don’t have to worry about paying monthly rental fees. However, you can still rent a space as long as there’s enough foot traffic to justify it.

**Good locations for a bakery business include:**

* Near the entrance of or within residential areas with at least 2000 households
* Jeepney, taxi, or tricycle terminals
* Schools
* Hospitals
* Markets

**5. Decide whether to franchise or go on your own.**

In any type of food business, the first few months or years are always the toughest.

Without prior experience, you will be left to your own devices. Therefore, you are more likely to commit many mistakes along the way.

But with grit, you can get through this phase and let the experience become your own teacher.

For starting entrepreneurs who want to minimize risks, you can franchise a bakery business with a ready system and proven track record.

Although the franchise fee may cost more, you will also worry less since packages–like the ones offered by Kambal Pandesal of San Miguel Mills–already include the baking equipment, marketing support, and free site assistance and monitoring.

Each option has its own pros and cons. Weigh the risks carefully and decide based on your level of experience and capital.

**6. Secure the required permits and certifications.**

By legalizing your business, you can focus more on growing your business instead of worrying about the law running after you.

Bakery business in the Philippines need all of the following permits and certifications:

**Business name registration in the Department of Trade and Industry (DTI)** if you will run the business on your own (single proprietorship) or in Securities and Exchange Commission (SEC) if the bakery is owned by a partnership or corporation.

**Mayor’s Permit or Residence Certificate & Sanitary Permit** from the local municipality where the bakery business is located.

**License to Operate (LTO) as a “food manufacturer” or BFAD Certificate from the Bureau of Food and Drugs (BFAD).**

[**Tax Identification Number (TIN)**](https://filipiknow.net/how-to-get-tin-number/) from the Bureau of Internal Revenue.

**7. Start small.**

When putting up a bakery business in the Philippines, expect to incur several mistakes and losses in the beginning.

Hence, it’s a smart move to start with whatever little money you’ve got. It’s better to act on your ideas early even with limited resources than let perfectionism paralyze you.

One advantage of starting small is you are able to test the market and learn which products sell the fastest. You will also learn the nitty-gritty of starting a bakery business without the need to open a big business from the get-go.

Remember, it’s better to start a pandesal bakery and expand later on than to start big and downsize eventually for lack of business strategy.

As your business grows, so will you. And once you’re ready for expansion, you can buy more expensive equipment for mass production and add more bread products in your inventory.

**8. Buy baking equipment.**

A significant percentage of your capital will be spent on buying baking equipment. Since you’ll be using them every day, you have to meticulously choose products that can withstand daily operations.

Depending on the size of your bakery business and the type of baked products you’ll be selling, you’ll need all or some of the following baking equipment:

* Baking trays
* Bread crusher
* Bakery oven
* Dough mixer
* Bread slicer

To help you get the best value for your money, remember these suggestions when shopping for baking equipment:

**Explore your options.** Compare products in terms of price, features, and technical support. Don’t settle on one product right away without talking to different dealers.

**Buy equipment based on your daily target output.** If you will be baking 1,880 pieces of pandesal, for example, you need a mixer and an oven that both can handle and process one bag of flour.

**Choose baking equipment made by local manufacturers**since they can offer technical service immediately in case the equipment breaks down. In contrast, imported equipment isn’t only more complicated and expensive, its manufacturer is also more likely based abroad and won’t be able to provide technical assistance right away.

**When buying second-hand baking equipment, ensure that their quality is still up** to snuff. One option would be to buy used equipment from baked shops that have recently expanded. Since they’ve used their old equipment for years, they can attest to their quality and offer them to you at a great discount.

**9. Know your ingredients.**

The quality of the ingredients you use affects the price and taste of the baked products. Fail to pick the right ingredients and your products may end up too bland, too expensive, or both.

In terms of cost, the price of baking ingredients fluctuates depending on the demand and competition.

To keep the price of your baked products affordable despite the unpredictable market, choose locally produced flour instead of imported varieties. The former is cheaper, fresher, and more consistent in terms of quality.

Alternatively, you can take inspiration from Yelly’s Bakeshop that has capitalized on bread made from vegetables. By replacing flour with mashed squash or malunggay leaves, they’ve been able to cut costs and also offer healthier, tastier, and cheaper products to their consumers.

Regardless of the type of ingredients you use, it’s important to remember that people buy bread regularly because of its familiar taste. Switching to cheaper ingredients may save you money in the short term, but the buyers you can potentially lose due to change in taste makes it not worth it.

Keep the quality of your ingredients and the process of making your products consistent. People buy quality so only give them quality all the time.

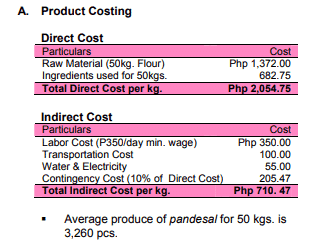
**10. Price your products strategically.**

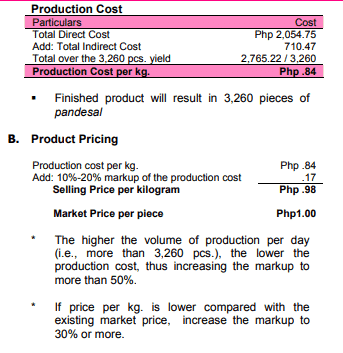
Whether your bakery business targets low-income earners or the high-end market, the price of your products should give you a good profit margin. After all, you won’t call it a business if you price them too low that you are no longer able to profit from it.

As mentioned previously, the ingredients and the formulation you use have significant influence over how much your baked products will cost.

Under normal standards of baking a loaf of bread, one sack of flour can produce as much as 81 loaves weighing 550 grams each. If you sell it at Php 40 per loaf, you can get a gross revenue of Php 3,240.

Subtracting the overhead cost as well as the cost of materials and packaging amounting to Php2,536.13, your gross profit margin would be Php 703.87 per bag.





Pricing and costing pandesal. Source: DTI

The profit margin will be relatively higher if you sell pandesal that requires less and cheaper ingredients.

A bag of flour can produce approximately 1,800 pieces of pandesal weighing 25 grams each. Seling it at Php 2 per piece will give you a total sales of Php 3,600 per sack. From the gross earnings, you will deduct the taxes, manpower, rentals, and other overhead costs.

**11. Hire employees.**

Even if you learned business-scale baking from the training schools or programs you enrolled in, you can’t do everything on your own.

As your bakery business in the Philippines grows, it will be indispensable to find honest, hard-working people who will take care of the daily operations while you attend to things that matter more.

Finding the right people to man your bakery business can be a matter of trial and error. You need to find experienced bakers and employees who know how to work around a bakery and will never resort to pilfering.

It’s your responsibility to teach them how to properly handle the products and ingredients. One breach in sanitation or the standard baking procedure can negatively affect the final products and eventually the reputation of your business.

To motivate your workers to do their jobs well, you should also do your part. Pay them well and treat them like a family without blurring the line between the employer-employee relationship.

Remember, a happy employee is a reflection of how you run your bakery business. And the more happy employees you have that go the extra mile for their jobs, the more happy customers you’ll gain in the long run.

**12. Learn how to innovate.**

With the bakery business in the Philippines becoming more saturated, you can never afford to be complacent.

Innovation means constantly upgrading your products or service to stand out in the competition. While your competitors are watching your every move, innovation keeps you a few steps ahead of them through new products and ideas.

Previously, you were introduced to Yelly’s Bakeshop that uses vegetables instead of flour to make their nutritious bread. This unique selling proposition is what sets them apart from others who follow the same traditional baking techniques.

Whether it’s through improving customer service or offering products not found anywhere else, a bakery business should never stop conceptualizing, implementing, and testing ideas that will make them more memorable for its consumers.

**Success Tips:**

Focus on providing good products and topnotch service. Only use quality ingredients and keep the taste of your products consistent. Put yourself in your customers’ shoes and imagine how you want to be served. When all bakeries offer the same products, the only way to have an edge over others is to offer good service. Require your employees to wear proper uniform and smile to every customer regardless of social status. Leave a good first impression and you’ll earn repeat customers in no time.

Be a hands-on bakery business owner. Provided that all the aspects of the bakeshop are taken care of, hard work is what will make the business last. As Metring Cuevas of Cuevas Bakeshop reveals, a bakery business should be run round-the-clock because bread is a delicate product to sell. It’s not a business for the lazy so don’t open a bakery business unless you’re ready to commit your time and effort to make it a success.

**Keys to Running a Successful Bakery**

by Miki Markovich

<https://smallbusiness.chron.com/keys-running-successful-bakery-24938.html>

To run a bakery successfully, it is best to be an experienced baker with working business knowledge spanning management, accounting and human resources. Ensure that you have consciously created your brand and that it is being reflected in every facet of your business. Expand your business model as necessary for success. Whatever baking niche you choose, keep your eye on providing quality goods with exceptional customer service.

**Logistics**

Know your area and competition. Competition includes other bakeries, grocery stores, big-box retailers and some specialty shops. According to startabakery.com, strive for a location with a customer base of 1,000 to 2,000 families. If this is impossible, consider ways to attract desired customers, or to expand your territory. This may include a corporate delivery service, or catering breakfasts to area schools. Your decor should be attractive and relaxing. It should also clearly reflect your brand.

**Marketing**

Differentiate yourself from other bakeries. If your baked goods are all-natural, announce it. If all cookies are scooped by hand, tell people. If your products are kosher certified, vegan, vegetarian or simply made with love, include this in your marketing materials. Ensure your web presence clearly reflects your brand, products and values. Monitor review sites and address issues as needed. Engage potential customers via social media. When you know what you are good at, share it, be it a signature item or incredible customer service.

**Employees**

Employees can lead your bakery to success or failure. Ensure you hire quality staff and train them well. Rajeev Pershawaria, author of "Too Many Bosses, Too Few Leaders," believes employees are primarily motivated by their surroundings, their role and their development opportunities. By successfully motivating your staff and providing the tools they need to be successful, they will strive to provide quality products and customer service. Control quality by meeting with staff, conducting taste tests and secret shopping. Include your employees in discussions about how to improve the business, and praise their progress and accomplishments.

**Expenses**

Running a successful bakery takes strategic planning. To increase profitability, decrease any possible expenses that do not negatively affect quality. This may mean choosing a different supplier, procuring energy efficient appliances or tightening labor. Be sure to minimize food waste. Know the best time to purchase supplies, as well as the right suppliers. Consider all aspects of expenditures and potential payoffs. Cordia Harrington, CEO of Tennessee Bun Co., saw a need for an additional, efficient supplier for southeastern McDonald’s franchises. Although her initial expenditure was high, she now supplies English muffins and hamburger buns to about 600 locations.

**Opening A Bakery In The Perfect Location**

**By: Mike Ferretti**

<https://blog.greatharvest.com/The-Bread-Business-Blog/bid/92474/Opening-a-bakery-in-the-perfect-location>

What is the perfect location?

The real answer is that there isn’t just one perfect location. And part of what we get paid to do is to find the best location for you to open your bread store.  Getting the location right (which is different from perfect) is critical to a bread store’s success.

If you are considering opening a retail business, I would guess that you are either stressing over where to locate it or have convinced yourself you already "know" of the perfect location.  I can say with complete confidence that both approaches can benefit from an outside perspective.  Many companies do site selection by the numbers.  Some do it by psychographic feel.  We do a combination of the two.

Exactly how we choose a location is a trade secret, as it is for every company, but we do it well.  As I look around the country I can say with complete honesty that we don’t have a bad location in our system.  Some are better than others but none are bad.  That isn’t coincidence.

We are very methodical in our process and we follow it for each and every new store.  What is right?  It is the combination of cost, looks, ease of use and neighbors.  We balance all of that for you and also take into account your vision. What does right look like to you?  As a business owner, you have to be proud of what you have.  We take that seriously but we also trust our experience and knowledge.  We have certain looks we like and your neighbors make a difference.  Size, shape and condition influence cost.  Parking, ingress/egress, age, demographics...all of these things matter and we take each and every one of them into account.

At the end of the day, when people worry about site selection while thinking about buying a franchise, I give a very simple answer.  In my 11 years of doing this at Great Harvest we have had exactly zero people not find a location when they tried.  Three people I can think of got cold feet and didn’t really look but every other person we have worked with found a successful location.  That record speaks for itself.

Now, I am off to Barbados.

**Baking Success Through Breads**

**By: Romsanne R. Ortiguero**

<https://www.bworldonline.com/baking-success-through-breads/>

Filipinos have a penchant for breads. Like rice, these baked goods are a staple fare in the local dining table, and are typically consumed for breakfast or as a snack.

From the well-loved pandesal, Filipinos have grown to like different variety of breads — from the usual sweet variants that satisfy their sweet tooth cravings to savory ones. This fondness for baked treats opened opportunities for entrepreneurs to build business, innovate, and explore the endless possibilities in baking.

Those involved in the baking business have noted that it is a rewarding and a profitable venture. They further pointed out that baked products are sure sellers because everyone practically eats bread, and it is almost always the choice as a convenient, on-the-go food.

With the increase in number of businesses engaged in baking, Filipinos not only get their supply of bread from neighborhood bakeries, but also in other accessible establishments like malls, supermarkets, and train stations.

Philippine Statistics Authority stated in a 2013 Annual Survey of Philippine Business and Industry released in 2016 that bread, cakes, pastries, pies and similar ‘perishable’ bakery products accounted for 6,618 establishments or 26.3% of the total 25,149 number of manufacturing establishments in the formal sector of the economy.

The baking business in the country has also went through various transformations — from the technologies used in baking to the new flavors introduced by foreign players who have established their presence in the country. As what market research firm Euromonitor International stated, innovation remains vital for baked goods companies to address the need of consumers for variety.

According to food writer Amy A. Uy, who published a book about Philippine breads, community bakeries — or often referred to as ‘panaderia’ — around the country have embraced new equipment and technologies; and apart from the traditional breads, are now offering modern varieties of bread.

Moreover, with the adaptation of these innovations, Ms. Uy said that it has become easier to standardize recipes and which then opened opportunities for expansion including franchising.

From the community and artisanal bakeries to big companies, it seems that the industry is thriving and will continue to do so. According to the Filipino-Chinese Bakery Association, Inc., the baking industry in the Philippines is continually growing.

Euromonitor International also noted in a 2017 report that more companies are expanding into baked goods. This is seen in the opening of new brands and concepts in the city as well as the riding of several existing players with on-trend flavors such as salted egg yolk and cheese tarts, among others.

The craze on salted egg yolk was seen in the past year with different baked products featuring the flavor on croissants, buns, cakes, and ensaymada (brioche topped with cheese and sugar).

Online market research firm Statista also projected that the market is expected to grow annually by 5.4 % (compunded annual growth rate from 2018 to 2021).

To further engage industry players, various initiatives are being done not only by the government but also by private groups including the annual Bakery Fair. Attended by thousands of delegates, the fair aims to showcase technological advancements and techniques in baking, and enable players to gain competitive intelligence about market leaders and to track industry trends and its opportunities.

**11 Types of Cakes to Satisfy Your Sweet Tooth**

By: Sam Worley and Nick Malgieri

<https://www.epicurious.com/expert-advice/types-of-cake-glossary-article>

Chiffon? Sponge? Genoise? From butter cakes to oil cakes, each of these baked desserts has not only distinct ingredients, but a method all its own. Learn the different types so that you always know what you're baking up.

There are many different types of cakes and many different ways of dividing them into various categories, but professional bakers categorize cakes by ingredients and mixing method. (Home bakers tend to categorize cakes by flavoring—i.e., chocolate cakes, fruit cakes, and so on—which is helpful when you're trying to decide what to eat, but not as helpful when you're trying to understand how best to make a cake.) Depending on how the batter is prepared, you will find that the final texture (and color, if it is a yellow or white cake) varies. Below is a comprehensive but by no means exhaustive list of the basic types of cakes.

**1. Butter Cake**

Any recipe for cake that begins "cream butter and sugar" is a butter cake. After the creaming, you add eggs to aerate the batter a bit, flour (and sometimes another liquid, like milk) to give it structure and texture, and baking powder or baking soda to ensure that it rises in the oven. Different types of cake batter within the butter cake family include chocolate, white, yellow and marble; for white and yellow cakes coloring typically depends on whether they have whole eggs, or extra egg yolks in them (yellow cake) or egg whites only (white cake).

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**2. Pound Cake**

[Pound cake](http://www.epicurious.com/recipes-menus/best-pound-cake-recipes-gallery) is a relative of butter cake. It's so called because it can be measured as a matter of proportion: a pound of butter, a pound of sugar, a pound of eggs, and a pound of flour. In some pound cake recipes, you'll see the eggs separated and the egg whites whipped and folded into the batter, to leaven it; in [other recipes](http://www.epicurious.com/recipes/food/views/sour-cream-and-lemon-pound-cake-2121) you'll find leaveners like baking soda and baking powder, bringing it well into the butter-cake fold. These cakes are usually very lightly flavored and served plain or topped with a simple glaze or water icing. A pound cake is usually baked in a loaf or Bundt pan. Many coffee cakes, sour cream cakes, and fruit crumb cakes are variations of pound cake.

**3. Sponge Cake**

Any recipe that contains no baking soda or baking powder but lots of whipped eggs or egg whites? That's a sponge cake and there are several different types of sponge cake. which will be called different things wherever you are.

**4. Genoise Cake**

In Italy and France, a sponge cake is called genoise; in [genoise](http://www.epicurious.com/recipes/food/views/plain-genoise-353190), whole eggs are beaten with sugar until they're [thick and ribbony](http://www.epicurious.com/expert-advice/fudgy-brownie-tips-recipe-article), and then flour (and sometimes butter) is added and the batter is baked; the result is wonderful baked in a round cake pan and simply frosted, but genoise is also pliable enough to be baked in a jelly-roll pan and rolled up into a [roulade](http://www.epicurious.com/recipes/food/views/lighter-than-air-chocolate-roll-104573).

Genoise lacks much assertive flavor of its own, but it is often used to construct layered or rolled cakes when a lighter texture than a butter cake is desired. To add flavor and moisture, genoise cake layers are always moistened with a flavored syrup, and they are often sliced into thin horizontal layers and stacked with rich fillings such as buttercream. These layer cakes, common in the coffeehouses of Europe, are called "European-style" to distinguish them from American-style butter layer cakes, which generally have fewer, thicker layers.

**5. Biscuit Cake**

Biscuit (always pronounced the French way as bees-kwee) cakes are another type of sponge cake containing both egg whites and yolks, but, unlike genoise, the whites and yolks are whipped separately and then folded back together. This creates a light batter that's drier than a genoise but holds its shape better after mixing. For this reason, it's often used for piped shapes such as [ladyfingers](https://www.epicurious.com/recipes/food/views/soft-lady-fingers-350260). If baked in a tube pan like an angel food cake, it makes a very chewy sponge cake that was popular in the early 20th century but has since fallen out of favor. However, it's still known in a slightly different form as the classic Passover sponge cake, in which the flour is replaced by matzoh cake meal and potato starch.

**6. Angel Food Cake**

[Angel food cakes](http://www.epicurious.com/recipes/food/views/angel-food-cake-105741) are made with egg whites alone and no yolks. The whites are whipped with sugar until very firm before the flour is gently folded in, resulting in a snowy-white, airy, and delicate cake that marries beautifully with fruit. Most angel food cakes have a spongy, chewy quality derived from their relatively high sugar content and the absence of egg yolks. Baked in ungreased two-piece tube pans, angel food cakes are cooled by being inverted, since this type of cake would collapse if cooled right-side-up in the pan or if removed from the pan while still warm. There's also no butter here, so the cake is fat free.

**7. Chiffon Cake**

This fairly recent American creation was invented by a salesman who sold the recipe to General Mills, which spread the recipe through marketing materials in the 1940s and 1950s. A classic chiffon cake is kind of a cross between an oil cake and a sponge cake. It includes baking powder and vegetable oil, but the eggs are separated and the whites are beaten to soft peaks before being folded into the batter. This creates a cake with a tender crumb and rich flavor like an oil cake, but with a lighter texture that's more like a sponge cake. Chiffon cakes can be baked in tube pans like angel food cakes or layered with fillings and frostings.

**8. Baked Flourless Cake**

These include baked cheesecakes and flourless chocolate cakes. For easy removal, they're often made in a springform pan, though some can also be made in regular round layer cake pans. Often the filled pan is placed in a larger pan that's half-filled with water to insulate the delicate, creamy cake from the oven's strong bottom heat, which might give the baked cake a porous rather than silky texture. This is called baking the cake in a water bath.

**9. Unbaked Flourless Cake**

These types of cakes are typically molded in a dessert ring or springform pan then simply chilled before unmolding. They include unbaked cheesecakes and mousse cakes. They often have a crust or bottom layer that's baked before the mousse is added. Sometimes other layers, such as genoise or biscuit, are alternated with the mousse.

**10. Carrot Cake**

[Carrot cake](https://www.epicurious.com/recipes/food/views/best-carrot-cake) uses the leavening practices of butter cake, but instead of butter uses a neutral oil like vegetable or canola oil. For this reason, it will keep a little longer than butter cakes but can sometimes come out on the greasy side. (The process is pretty much the same: instead of starting out beating butter and sugar, you start out whipping eggs and sugar, then add oil.)

**11. Red Velvet Cake**

[Red velvet cake](https://www.epicurious.com/recipes/food/views/southern-red-velvet-cake-375364) is essentially a butter cake, though it is frequently made with oil instead of butter. In addition, cocoa is added to the cake batter to create the distinct red velvet flavor — originally it was a reaction between buttermilk and the raw cocoa widely available at the time of red velvet's inception that caused a ruddy-hued crumb. These days you'll more often find them tinted with [food coloring](https://www.epicurious.com/recipes/food/views/beet-red-food-dye). You might have heard the cake referred to as the $200 cake — legend has it that the red velvet cake was first baked in the 1920s by a chef at the Waldorf-Astoria. A guest was so taken with the cake that she wrote the chef, asking for the recipe — along with a bill, hence it's other name. Whatever you call it, it's delicious.

**Tips for Successful Baking**

By: Cake Art

<https://cakeart.com/182/Tips-For-Sucessful-Baking/>

It is always a good thing to feel confident that each every cake you bake will be moist, and delicious for your family or clients. Here are some things to bear in mind as you prepare to bake.

**Your Oven**

You want to be sure your oven temperature is accurate. Even a 5 degree variance can make a big difference in your cakes and other goodies. Invest in an [oven thermometer](https://cakeart.com/Stainless-Steel-Oven-Thermomet-5670/) , always refer to the thermometer to make sure the oven is completely pre-heated before placing your cakes in the oven and make sure it is actually heated to the temperature your recipe calls for.

**Pan Preparations**

Make sure you have prepared your pans according to your recipe. While most recipes will call for you to grease and flour your pan, some have other requirements. Pan grease, baking sprays or cake release can all be substituted for greasing and flouring. This will make your life a little easier! If your recipe calls for greasing the bottom only or not greasing at all, be sure to follow those directions.

**Measuring Ingredients**

While cooking could be considered an art with a dash of this and a splash of that, baking involves careful accuracy in your ingredient measurements.You can use measuring tools and/or a reliable kitchen scale for your ingredients.

**Kitchen Scales**

A good kitchen scale can be an investment but it is an invaluable tool with so many uses in baking. Weighing ingredients, and weighing batter in your pans, just to name a couple.

There are two basic types of scales:

Spring-loaded scales with a needle and numbers on it show weight in ounces, pounds and/or grams.

Digital scales offer the same information, plus a tare option, which will deduct the weight of your pan or bowl if it is placed on the scale, then hitting the tare button before adding ingredients or batter.

Look for a scale with a nice level surface that is designed so that you can see the face when you have a large pan on it. If you choose a digital scale, consider purchasing a power adapter for it so low batteries is never a concern.

**Measuring Cups and Spoon**

Make sure you use dry measuring cups for dry ingredients and liquid measures for wet ones. While the volume is the same (they take up the same amount of space), you can’t level off dry ingredients in a liquid measuring cup.

Make sure to buy liquid measures that show accurate markings. Cooks Illustrated Magazine named the Wilton liquid measuring cups as one of the brands they found with accurate markings.If you have a kitchen scale, you can check for accuracy of your liquid measure.

Weight the empty measuring cup. Then add water to the 1 cup mark and weigh again. 1 cup of water should weigh 8.3454 ounces, although most scales won” give this precise a weight. So, let’s say that the weight of one volume cup of water weighs approximately 8 1/3 ounces.

When you are baking, even a Tablespoon more or less than your recipe calls for can affect your final product – and if we are talking about the leavening or the salt, just imagine how small variances can change things!

If you are using traditional dry measuring cups, you want to always fill your measuring cups in the same way. For example, you can spoon the flour into the measuring cup and level the cup with a straight edge OR you can dip the cup into the ingredients and sweep the cup with a straight edge. If you were to weigh the flour from both these techniques, you would likely find different weights.

Another factor is, does the recipe say “4 cups of sifted flour” or “4 cups of flour, sifted”? These are 2 different quantities. Flour that is measured straight from the bin is more compacted than flour that has been sifted. Make not of how your recipe reads. Even how long the flour has been sitting in the bag or your flour bin can affect how much flour you end up in your recipe. If working from a cookbook, read the forward in the book and see if your author makes recommendations as to which method to use.

**Ingredient Temperatures**

Be sure your eggs are at room temperature if called for, or your butter is softened... Eggs that are cold can change the consistency of your batter. Butter that is cold is almost impossible to cream. Have all ingredients at the temperature called for in your recipe.

**Egg size**

This is important, too. Most recipes call for the use of large eggs, but not always! Be sure to use the size your recipe or cookbook dictates. More or less liquid can change batter consistency. Eggs also act to bind your ingredients, hold moisture and affect the richness of your cakes.Once you have assembled your batter, bake for amount of time given in the recipe and test for doneness according to that recipe.

When the cake tests done, remove it from the oven and cool - you guessed it!- according to your recipe! Most cakes will be cooled in the pan for 10 minutes or more, depending on size and then removed from the pan, by placing a cooling rack over top of the cake and then flipping it right-side-up on another cooling rack. There are exceptions, though, so be sure to do as your instructions dictate.

So, in summary, if you have your oven at the correct temperature, measure you ingredients accurately, prepare your pans according to the recipe and assemble the recipe as instructed and bake and cool the cake the same way each and every time you bake, you can dependent on a moist and delicious result each time you bake!

**Cakes: Tips and Techniques**

<https://www.foodnetwork.com/recipes/articles/cakes-tips-and-techniques>

Use this guide to make baking a cake, well, a piece of cake.

Perfectly baked desserts are easier than you think. Try these simple tips for moist, tender cakes that rise to any occasion.

**Lining a Cake Pan**

What good is a delicious cake if it remains stuck in the pan? For smooth, easy removal, prep your pans properly. When a recipe calls for buttering and flouring, place a piece of parchment or waxed paper on the bottom of a pan (trace and cut it to fit). Coat the sides and bottom with softened butter, and then dust with flour, turning the pan on its side to get full coverage and tapping out the excess. For chocolate cakes, swap in cocoa powder for flour. Cakes baked in springform or decorative Bundt pans don't need the paper; just butter and flour (use a pastry brush to get butter into the crevices). The exceptions: Angel, chiffon and sponge cakes should go into clean, untreated pans, because they need to adhere to the sides in order to rise properly. For cupcakes, decorative preformed paper or foil liners are indispensable.

**Measuring**Accurate measuring is the difference between a light, moist cake and a gummy, dense one. To properly measure, you need three types of measuring tools: a clear measuring cup with a spout for wet ingredients, cups with flat rims in graduated sizes for dry ingredients and a set of measuring spoons. Most American baking recipes measure ingredients by volume, not weight. (For example, a recipe will call for 1 cup sugar rather than 8 ounces sugar.) If you become truly passionate about baking, consider investing in a scale. Weight measurements are the most accurate and are commonly used in advanced recipes and international cookbooks.  
  
To measure liquids: Set the spouted cup on a level counter, bend at the knees so you are at eye level with the lines on the cup and pour the ingredient right up to the line indicating the amount needed. Keep in mind: Liquid measuring cups often include volume measurements in ounces — don't confuse them with weight measurements in ounces. A recipe with weight measurements requires a scale.

To measure dry ingredients: Use the spoon-and-sweep method. Spoon the flour or other dry ingredient into a measuring cup, filling it generously above the rim of the cup. Then, run the back of a knife over the edge to sweep the excess back into the container. Don't be tempted to scoop out the flour with the measuring cup. It will become compacted, giving you more flour than called for and producing a dense, dry cake. Likewise, don't tap the filled cup on the counter, because the flour will settle. If you top it off, you'll end up with too much.  
  
**Sifting**If the recipe calls for "1 cup sifted flour," first sift the flour and then measure it. If it calls for "1 cup flour, sifted," measure the flour by the spoon-and-sweep method, then sift it. It may seem subtle, but in the cake world, it can make the difference between ethereal and leaden. A fine-mesh strainer is more than adequate for sifting. Keep in mind that even flour labeled as "presifted" on the package needs sifting. Before adding the wet ingredients, use a whisk to mix together your flour, salt and spices to make sure they are evenly distributed.  
  
**Bringing Ingredients to Temperature**

The temperature and consistency of ingredients can also improve — or destroy — the texture of a cake. Many recipes call for softened butter. Use it, especially for creaming (see below). When butter is softened, it is pliable enough to beat but can maintain its structure so it can trap and hold air (the secret to a fluffy cake). Butter that's too cold and firm — or warm and slack — won't, resulting in a flat or dense cake. How to get the right temp? Take butter out of the fridge 45 minutes before you need it. When it's soft enough to hold a light thumbprint, you're ready to go. (Cutting it into pieces speeds things up.) You can also warm butter in a microwave on reduced power, though it's very easy to overdo and can cause uneven melting, so use it only as a last resort. Eggs should also be at room temperature. Place them in a bowl of warm water for 5 minutes to warm them up.

**Creaming**Cake recipes often call for beating, or creaming, butter with sugar for several minutes — sometimes up to 10. Although it can be tempting to cut this step short, particularly when you're using a hand mixer, it's important to stick with it. This beating is where the texture and structure of a cake is made. Air is a vital ingredient in cakes, and it takes time to properly incorporate it into the batter. As you beat, the butter will lighten in color and you should see it increase in volume in the bowl.

**Beating Eggs**

Eggs should also be beaten until light and foamy. They should lighten in color and fall in a thick ribbon when the beater is lifted out of the bowl. If the recipe calls for adding eggs one at a time, make sure each one is fully incorporated before adding the next.  
  
**Folding**When incorporating dry ingredients into a batter, it is important not to overmix (another cause of tough cakes). The best way? Fold instead of stir. Here's how: Use the broad side of a silicone spatula, and drag it like an oar moving through water to suspend the dry ingredients in the batter. Turn the bowl regularly to make sure you bring the ingredients together evenly. Use the same technique when incorporating beaten egg whites, whipped cream and other wet ingredients that are light and airy.

**Baking**Allow at least 20 minutes for your oven to preheat; it's best to turn the oven on before you start working on your recipe. Keep in mind that ovens differ and every oven has hot spots. Your best bet for even baking is to position a rack in the center of the oven and rotate the position of your pans partway through after the cake has begun to set. Opening the oven door too often can make a cake fall, so use the window in your oven door to check the cake's progress when possible. Check for doneness 10 minutes before the recipe suggests. For most recipes, a cake is ready when it starts pulling away from the sides of the pan and a toothpick inserted in the center comes out clean.

**Cooling**Cakes cool faster and don't get soggy when set out on a rack. Leave them in the pans for 10 to 15 minutes before unmolding, then place on a rack to cool completely before frosting. Angel, chiffon and sponge cakes should be left in the pan to prevent collapsing.

**Cutting Layers**

To divide a cake into layers, run a serrated knife lightly around the perimeter of the cake, marking the line where to cut. Then draw the knife through the cake with a gentle sawing motion to cut it in half. If the layers come out uneven, put the thicker one on the bottom.  
  
**Storing**Store unfrosted cakes, well wrapped in plastic, at room temperature for 24 hours. Refrigerating cakes causes them to stale faster, so for long-term storage it's best to freeze them. Wrap the layers in plastic wrap and then heavy-duty foil to protect them from the cold; let thaw in the refrigerator before frosting. To store frosted cakes, keep at room temperature under a cake dome or large bowl unless the recipe specifies refrigeration. For cut cakes, press a piece of plastic wrap against the exposed surface to keep in moisture.

**Is Bread Healthful or Should I Avoid It?**

By: Medical News Today

<https://www.medicalnewstoday.com/articles/295235>

Bread has been a staple food around the world for thousands of years. People continue to consume it because of its convenience, portability, nutrition, and taste.

There are many different types of bread, which people make in different ways, using a variety of ingredients. Examples include whole-grain bread, sweetened bread, cornbread, leavened and unleavened bread, flatbread, sourdough, sprouted grain bread, soda bread, and many more.

Some types of bread are more nutritious than others, but how do people make a healthful choice?

This article looks at some aspects of bread that may make one type of bread more or less healthful than another.

**Carbs in bread: Good or bad?**

The carbohydrates in bread can provide the body with fuel. [Carbohydrates](https://www.medicalnewstoday.com/articles/161547.php) are the primary nutrient in bread. Carbohydrates provide the body with fuel.

Fruits, vegetables, beans, and minimally processed grains contain the most healthful dietary sources of carbohydrates. These foods also provide [vitamins](https://www.medicalnewstoday.com/articles/195878.php), minerals, fiber, and [antioxidants](https://www.medicalnewstoday.com/articles/301506.php).

People make packaged and presliced white bread from a highly processed, simple carbohydrate. It is quick and easy to digest but has little nutritional value.

Foods made from highly processed grains cause blood sugar to spike soon after eating. Frequent blood sugar spikes can eventually contribute to the development of [type 2 diabetes](https://www.medicalnewstoday.com/info/diabetes/type2diabetes.php).

Processed carbs also lack fiber. As a result, a person will not feel full after eating them. They will crave more food again soon after, especially when the blood sugar drops.

When manufacturers process foods, it often results in the loss of nutrients. The producers often add vitamins and minerals to white bread to replace these missing nutrients. However, they cannot replace the fiber, which is essential for digestive and cardiovascular health.

A high intake of simple carbohydrates, such as premade white bread, can lead to weight gain and a higher risk for [diabetes](https://www.medicalnewstoday.com/info/diabetes/), [heart disease](https://www.medicalnewstoday.com/articles/237191.php), and other lifestyle-related chronic conditions.

**What are whole grains?**

The whole grains in wholemeal bread have many benefits. They can boost overall health and help reduce the risk of [obesity](https://www.medicalnewstoday.com/info/obesity/how-much-should-i-weigh.php) and various other complications and diseases.

The [Whole Grains Council](https://wholegrainscouncil.org/definition-whole-grain) define whole foods as follows:

“Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, or cooked), the food product should deliver the same rich balance of nutrients that are found in the original grain seed. This definition means that 100% of the original kernel — all of the bran, germ, and endosperm — must be present to qualify as a whole grain.”

The [American Heart Association](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/whole-grains-refined-grains-and-dietary-fiber) (AHA) note that whole grains are a good source of:

B vitamins, including [folic acid](https://www.medicalnewstoday.com/articles/219853.php)

iron, [magnesium](https://www.medicalnewstoday.com/articles/286839.php), and [selenium](https://www.medicalnewstoday.com/articles/287842.php)

dietary fiber

The AHA recommend consuming at least 25 grams (g) of fiber a day for a person on a 2,000-calorie a day diet. At least half of the grains a person consumes should be whole grains.

Fiber can reduce the risk of:

* cardiovascular disease
* type 2 diabetes
* [hypertension](https://www.medicalnewstoday.com/articles/150109.php), or [high blood pressure](https://www.medicalnewstoday.com/articles/159283.php)
* [colon cancer](https://www.medicalnewstoday.com/articles/150496.php)
* obesity

**How to know if they are whole grains**

When choosing store bought bread, the word “whole” should be the first word in the ingredient list. The word “whole” ensures that all three parts of the grain — the bran, the germ, and the endosperm — are present in the product.

**The following labels do not guarantee a whole-grain product:**

* multigrain
* wheat bread
* organic flour
* bran
* wheat germ
* unbleached wheat flour
* 100% wheat

The ingredient list will give a better idea of what the product contains.

Whole-grain bread is available in grocery stores [and online](https://amzn.to/2ARgfIE).

**What is refined flour?**

To make white bread or white flour, manufacturers process the grain to remove the bran and the germ, leaving only the endosperm. Products made with refined flour have a finer, lighter texture and usually have a longer shelf life.

However, processing removes most or all of the fiber, vitamins, and minerals. The remaining endosperm provides quick, easily digestible carbohydrates but little else. This can lead to nutritional deficiencies, so manufacturers now produce “enriched” flours. They add back some of the missing nutrients to the processed white flour, using supplements, such as folic acid and other B vitamins.

However, supplemental vitamins are not as good as vitamins that come naturally from food sources. Usually, the human body can better absorb and process nutrients from unprocessed sources.

**When is bread not healthful?**

The highly processed flour and additives in white, packaged bread can make it unhealthful. Consuming too much white bread can contribute to obesity, heart disease, and diabetes.

However, buying bread with the word “whole” as the first ingredient still does not guarantee a healthful product. It is only the first step.

Even whole-grain bread can contain 20 or more ingredients, including preservatives and added salt and sugars. Not all of these contribute to good health.

Preservatives may help bread stay fresh for longer, but people can store fresh bread that contains fewer preservatives in the refrigerator or freezer to maintain freshness.

Many types of bread contain added sugars or sugar substitutes. People should avoid those with corn syrup or any that contain ingredients ending in “-ose” listed at the beginning of the ingredient list because these are all sugars. Examples include sucrose, glucose, and fructose.

Manufacturers typically order an ingredients list according to the weight of ingredients in the product. Ingredients that appear near the top of the list will be present in relatively high proportions.

**Good bread choices**

Bread made with sprouted grains is a good option. When a grain is sprouted, its nutrients become easier to digest and more available to the body for use. It can be a better source of protein, fiber, vitamin C, [folate](https://www.medicalnewstoday.com/articles/287677.php), and other nutrients.

Ezekiel bread is a type of high fiber bread made with only sprouted grains and no flour. People should keep sprouted grain bread in the refrigerator or freezer. [Ezekiel bread is available for purchase online](https://amzn.to/320o6Qc).

Some people should avoid bread because of an allergy or intolerance. In recent years, the gluten free diet has become popular. A person with [celiac disease](https://www.medicalnewstoday.com/articles/38085.php) has a severe autoimmune reaction to gluten that causes intestinal damage, so eating gluten can be very dangerous.

However, many people can tolerate gluten, and they do not need to avoid it. Scientists have shown that avoiding gluten can cause people to stop eating foods that may be healthful for them, such as whole grains.

A 2017 [study](http://www.bmj.com/content/357/bmj.j1892) found that consuming gluten does not increase the risk of heart disease, but avoiding whole grains in order to eliminate it may increase the risk.

People who need to avoid gluten can find gluten free bread in many grocery stores or [purchase it online](https://amzn.to/2ViH5mo).

**What about a wheat allergy?**

Some people have a sensitivity or allergy to wheat but not to gluten.

People who have a [wheat allergy](https://www.medicalnewstoday.com/articles/174405.php) should not eat bread containing wheat flour, but they can choose those made from rye or other types of flour.

Some people are not allergic to wheat, but they have a wheat intolerance.

When a person with a wheat intolerance consumes wheat, they might feel bloated and uncomfortable. Eating wheat bread is not dangerous for people with a wheat intolerance, but choosing rye or other types of bread can reduce discomfort.

If a person with an allergy consumes a product they are allergic to, this can, in some cases, lead to [anaphylactic shock](https://www.medicalnewstoday.com/articles/216062.php). Symptoms include a rash, swelling, and difficulty breathing. Anyone who experiences these symptoms needs immediate medical attention, as anaphylaxis can be life threatening.

**Will bread help me lose weight?**

Consuming wholemeal bread in moderation should not cause weight gain, but it will provide the necessary energy for the body. However, a person who wishes to manage their weight or lose weight should consider the following points:

* Taking in more calories than the body needs for energy will lead to weight gain.
* If bread becomes a default meal or snack, it can crowd out more healthful foods.
* White bread sandwiches that contain processed meat, butter, and mayonnaise can add many unnecessary [calories](https://www.medicalnewstoday.com/articles/245588.php) by increasing fat and carbohydrate intake.
* Whole-grain bread can be a healthful option for people who wish to lose weight, but it depends on how they include bread in the diet.

A healthful option might be:

* a homemade sandwich that contains grilled chicken and salad
* one piece of whole-grain bread with a healthful, homemade, vegetable soup

**Summary**

There are many types of bread, and some are more healthful than others. Try making bread at home. This way, you will know exactly what you are eating. Some people may choose to invest in a bread making machine. Overall, whole-grain bread is a healthful product, as long as a person consumes it in moderation and does not have an allergy or an intolerance.

**What are the most healthful types of bread?**

**By: Medical News Today**

<https://www.medicalnewstoday.com/articles/325351>

Despite what many people believe, some types of bread are excellent for a person’s health. Whole-grain bread, Ezekiel bread, and rye bread are among the most healthful options.

Bread made from whole or sprouted grains contains essential nutrients, including [protein](https://www.medicalnewstoday.com/articles/196279.php), [vitamins](https://www.medicalnewstoday.com/articles/195878.php), minerals, and [fiber](https://www.medicalnewstoday.com/articles/146935.php). Others, such as processed white bread, contain very few nutrients.

Switching white bread for a more healthful version is a quick and easy way to improve the diet.

In this article, we explore the most nutritious types of bread, their health benefits, and where to find them.

Are some breads good for you?



Whole-grain bread is rich in nutrients.

Not all breads are created equal.

White bread contains refined wheat flour, a processed form of wheat grain. During processing, the flour loses the most nutritious parts of the wheat grain.

This includes the bran, which is the outer layer of a grain that contains [B vitamins](https://www.medicalnewstoday.com/articles/325292.php), minerals, and the germ. The germ is the core of a grain that contains vitamins B, E, phytochemicals, and healthful fats.

Whole-grain bread contains the bran, germ, and endosperm. This means it provides a lot more [nutrition](https://www.medicalnewstoday.com/articles/160774.php) than processed white bread.

Also, white bread contains high levels of simple [carbohydrates](https://www.medicalnewstoday.com/articles/161547.php). This means the body breaks it down quickly, providing a spike of energy. Whole-grain versions, however, contain complex carbohydrates. The body takes longer to process them, making a person feel fuller for longer.

White bread also has a high score on the glycemic index (GI) scale. The GI scale is a measure of how quickly foods that contain carbohydrates affect [blood sugar levels](https://www.medicalnewstoday.com/articles/249413.php). Foods with a high GI cause rapid spikes in blood glucose levels, which over time, can harm the body.

**1. Whole-grain bread**

Whole-grain bread refers to any bread made from whole-grain flour. This type of flour undergoes less processing than refined flour and contains more nutrients.

Manufacturers use highly processed refined white flour to produce packaged, pre-sliced white bread. The processing method removes some or all of the nutrients from the grain. Because whole-grain products do not undergo as much processing, the entire grain remains, which preserves its healthful qualities.

According to the [American Heart Association (AHA)](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/whole-grains-refined-grains-and-dietary-fiber#.WR6hMxPyvMI), along with fiber, whole-grain products provide nutrients, such as:

* [thiamin](https://www.medicalnewstoday.com/articles/219545.php), or vitamin B-1
* [riboflavin](https://www.medicalnewstoday.com/articles/219561.php), or vitamin B-2
* [niacin](https://www.medicalnewstoday.com/articles/219593.php), or vitamin B-3
* [folate](https://www.medicalnewstoday.com/articles/287677.php), or vitamin B-9
* [iron](https://www.medicalnewstoday.com/articles/287228.php)
* [magnesium](https://www.medicalnewstoday.com/articles/286839.php)
* [selenium](https://www.medicalnewstoday.com/articles/287842.php)

Fiber is a complex carbohydrate that is essential for digestive health. It helps to slow down food digestion, promotes stool softening and bulking, and regulates blood glucose levels after eating.

[Some research suggests](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5310957/) that a diet containing whole-grain foods could reduce the risk of [heart disease](https://www.medicalnewstoday.com/articles/237191.php), [type 2 diabetes](https://www.medicalnewstoday.com/info/diabetes/type2diabetes.php), and various [cancers](https://www.medicalnewstoday.com/info/cancer-oncology/).

**Most supermarkets sell whole-grain versions of most types of everyday bread products, including**:

* whole-wheat bagels
* whole-wheat pita bread
* whole-grain muffins
* whole-grain tortillas

When choosing bread at the supermarket, look out for options that list ‘whole’ as the first word in the ingredients list. Most packaging ranks products by weight, with the most abundant ingredient at the start.

Products that contain the words multiseed, multigrain, 100% wheat, or unbleached wheat flour are not necessarily whole-grain. Some brands may say whole-grain on the label but still contain refined flour.

People with a [wheat allergy](https://www.medicalnewstoday.com/articles/174405.php) or [celiac disease](https://www.medicalnewstoday.com/articles/38085.php) should avoid products that contain wheat, even whole-grain options.

**2. Ezekiel bread**



Ezekiel bread contains sprouted whole grains. Ezekiel bread is different from most other types of bread because manufacturers use sprouted whole grains. These breads have the same benefits as whole-grain bread and may also provide extra nutrients.

Manufacturers soak the whole grains when they are sprouting, so the grain starts to germinate. This process may increase the grains’ nutritional content.

Ezekiel bread usually contains several different types of grains and legumes that provide a range of additional nutrients, such as barley, lentils, and spelt. The nutrition values will vary between products. One slice, or [45 grams (g), of Ezekiel bread](https://fdc.nal.usda.gov/fdc-app.html#/food-details/454933/nutrients) may contain the following nutrients:

* 140 [calories](https://www.medicalnewstoday.com/articles/245588.php)
* 5 g of protein
* 3.5 g of fat
* 22 g of carbohydrate
* 4 g of fiber

Ezekiel bread may also contain the following nutrients:

* [calcium](https://www.medicalnewstoday.com/articles/248958.php)
* [iron](https://www.medicalnewstoday.com/articles/287228.php)
* riboflavin
* [niacin](https://www.medicalnewstoday.com/articles/219593.php)

However, manufacturers often find making bread with sprouted grains challenging because it is more difficult to maintain a good structure. [Research says](https://onlinelibrary.wiley.com/doi/full/10.1111/1541-4337.12414) that many manufacturers may blend sprouted grains with other types of less healthful flour, or use short sprouting times of only 20 to 36 hours. These processes may counteract any additional health benefits that sprouted grains offer.

**3. Rye bread**



Eating rye bread may help reduce the risk of diabetes. Rye bread contains the flour of rye grains, which is a grain similar to wheat. Rye bread has a similar nutritional profile to whole-grain wheat-based bread. It is an excellent source of vitamins and minerals. Rye bread can be light or dark in color, depending on the manufacturing process.

As with other types of bread, it is best to choose whole-grain rye bread. However, some types of whole-grain rye brain still contain refined white flour, so it is important to read the ingredient list before buying. The nutrition values will vary between products. One slice, or [36 g, of rye bread](https://fdc.nal.usda.gov/fdc-app.html#/food-details/471527/nutrients) may contain the following nutrients:

* 90 calories
* 3 g of protein
* 1.5 g of fat
* 17 g of carbohydrate
* 2.02 g of fiber

Rye bread also contains a range of other nutrients, including calcium and iron. It may also offer some other health benefits. Small-scale research [has found](https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-10-116) that rye bread can help to control blood sugar levels after a meal. Rye bread [may also](https://academic.oup.com/ajcn/advance-article-abstract/doi/10.1093/ajcn/nqy394/5480604?redirectedFrom=fulltext) contribute towards a healthy gut and reduce the risk of [diabetes](https://www.medicalnewstoday.com/info/diabetes/).

**Summary**

Bread that contain refined flours has a lower nutritional value than whole-grain varieties. Whole-grain breads also have potential health benefits, such as reducing the risk of diabetes.

Ezekiel bread is another healthful option. However, some methods that manufacturers use for making Ezekiel bread may counteract some of the potential health benefits of the sprouted grains it contains.

Rye bread may be beneficial for gut health and reducing the risk of diabetes, though scientists need to carry out more research in this area to support these claims.

Testimonials

**Sweet Memories**

***What are people saying after they’ve experienced Cuevas Bakery? Our testimonials tell the story of sweet memories in the baking. If you have a story to share, just fill out the form on this page and submit it. We would love to hear from you!***

I just wanted to thank you for my daughter’s amazing 10th birthday custom cookies! As you know, I’ve been ordering from you for years, but have never had custom cookies for us! I was so pleasantly surprised when Cuevas Bakery brought my custom cookie favors to her birthday party. They are so HER 🙂 You did an absolutely fantastic job with them. Thank you so very much. I am a lifetime customer!

***- Ella Mae B.***

I have not ordered cookies (yet!) but received one today as a thank you for a baby gift. It is the most beautifully decorated cookie I’ve ever seen. Ever. So professonally done. The best part was the taste was beyond perfection. I have bookmarked this site and will definitely order cookies for my next special occasion.

***- Hannah G.***

I had Cuevas Bakery create my beautiful cupcake giveaways and I must say I was completely satisfied! Not only was it beautiful but it was also delicious! Thank you so much Cuevas Bakery for making my wedding that much sweeter!

***- Sarah M.***

I went to Cuevas Bakery in hopes to buy the perfect ensaymadas for my boss who turned 40 this past weekend. The ensaymadas was a hit and my boss LOVED it! Ensaymadas are her favorites and filled them with ube and cheese jams. It was a blockbuster. I can’t wait to order more ensaymadas from your bakery again. Thank you so much!!!

***- Melissa T.***

The cookies on a stick were amazing and fun. It was such a fun display and take home party favor. I’m pretty much sold on Cuevas’ cookies and think they need to be a part of every special occasion from here forward. A big thank you is sent your way!!

***Michael P.***

Your beautiful cookies were a big hit, especially with my 3 year old. He will do anything we ask of him, as long as he can have a cookie! Thank you again for making cookies. We have enjoyed our family time and your cookies made it all the more special.

***Patrick L.***

Thanks for making the best centerpiece for my little guy’s birthday party! The cupcakes got rave reviews!!!

***- Janella T.***

Cuevas Bakery’s snack cakes designs are phenomenal! For my birthday, I wanted to do something other than the traditional birthday cake. I shared some of my thoughts with Cuevas Bakery and left the rest in their capable hands. The snack cakes they designed for me were PERFECT and absolutely delicious. It was obvious to us that Cuevas Bakery took great care in designing the perfect sweet treat for my special day.

***- Jennifer P.***

“When I want to make a birthday splash, I use Cuevas Bakery. They designed these fabulous snack cakes for my visitors. Everyone raves over these delicious works of art. Want to make a lasting impression? Have Cuevas Bakery bake for your event.”

***- Lester J.***

Cuevas Bakery has an incredible talent for detail and perfection. Each cookie is perfect and tastes just as good as the artwork they create. They are too pretty to eat, but you can’t help yourself because they taste divine! We threw a 70th birthday party for my parents. My mother saved one to keep “forever” in the freezer. People went nuts over the cookies and it was better than having a cake! You just cannot go wrong with Cuevas Bakery cookies! My parents loved them so much they ordered some for Christmas and to give as gifts to their friends. Delightful and Delicious!!

***- Dennis D.***