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Bread Baker Rises To The Low-Carb Challenge

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SAN LUIS OBISPO, Calif. (Wireless Flash) -- A bread baker is rising up to challenge the anti-carbohydrate craze.

Sheila McCann -- founder of the House of Bread franchise -- has now written a new book "House of Bread Made Easy" (House of Bread) which refutes some of the misconceptions about carbohydrates in bread.

McCann claims bread isn't bad, it's the refined ingredients in mass-produced bread, including whole wheat, that is bad.

She says wheat naturally contains 17 nutrients but factories will mill it in a way that raises the temperature to above 400 degrees and destroys the good stuff.

McCann claims baking your own bread is a healthier way to eat carbohydrates because bakeries are only required to add back two of the lost nutrients by law.

Furthermore, she says wheat is naturally yellow, not white, but because people don't like the idea of eating yellow bread, companies bleach the wheat and keep the dough from molding by using an anti-fungal agent -- the same stuff found in athlete's foot medicine.

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