

# Whatever your **TASTE** We've got the GOODNESS

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SASKO's Low GI range is loaded with Added Goodness – Seeded Whole Wheat, Oats & Honey, Cranberries, Soy & Linseeds and Whole Wheat, to help you take good care of yourself. These added ingredients have wonderful health benefits such as aiding digestion, lowering cholesterol, improving your metabolism or giving you longer lasting energy.

Whether you're an avid gymer, a mom looking for healthier options for her kids, or just want a more balanced diet, we've got the perfect loaf for you.



1. Low GI Oats & honey-flavoured White bread

Any jam is delicious on this sweet loaf.

If you're looking for a tasty way to add fibre to your diet, try this South African favourite.

Suitable for diabetics and strict vegetarians, this loaf has a great honey taste. Fibre aids in digestion and promotes good gut health.

2. Low GI Soy & Linseed White bread

A generous spread of marmalade is delicious with linseeds.

This much-loved loaf is a source of Omega 3. Add a tasty topping on a slice, bite into the

crunchy texture of linseed and know that this added-care-loaf is adding goodness to your day. Omega 3 plays a role in lowering and maintaining a healthy cholesterol level.

### 3. Low GI Whole Wheat Brown bread

Savoury spreads like Bovil, cheese or Marmite go well with this loaf.

If you're looking for something that's high in fibre, this delicious loaf is perfect for you. Fibre is essential in maintaining a healthy gut. Loaded with goodness, without compromising on taste, it's no surprise it's a family favourite.

### 4. Low GI Seeded Whole Wheat Brown bread

Try peanut butter on this slice: the nutty taste is delicious with nut spreads.

With added manganese, this loaf has a wonderful nutty flavour that makes every bite enjoyable. Manganese is a mineral that helps speed up your metabolism.

### 5. Low GI Cranberry Brown bread

Simply delicious with a drizzle of honey!



For those days when you want to indulge in sweetness but don't want to compromise your health. Cranberries give you long lasting energy and are a rich source of vitamins C and E.

Visit SASKO's [website](#) for more product information and great recipes to cook at home.