

TOTAL PHENOLIC CONTENTS OF BREAD TYPES CONSUMED IN TURKEY

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Bread is the main part of the daily our diet. It is a source of complex carbohydrates that can be consumed by everybody. The foods containing complex carbohydrate are also rich in dietary fiber. In Turkey the breads were enriched with protein, fiber or some components in a sense. In Turkish Food Codex, The Regulation of Bread and Bread Types, "bread" is defined as the product made of wheat flour, water, salt, yeast (*Saccharomyces cerevisiae*), if needed sugar, enzymes, malt flour as an enzyme source, vital gluten and permitted additives and kneading, shaping, fermentation and baking of this mixture according to the appropriate technique. In addition to these components if the breads include cereal products and natural ingredients are called "bread types". In this study, the bread and bread types with in the scope of The Bread Regulation have been investigated firstly. The formulations of some of these breads were determined and produced according to The Bread Regulation. The studied breads were white bread (100%), whole wheat bread (100%), whole wheat flour bread (60%), wheat bread with bran (10%), rye flour bread (30%), corn flour bread (20%), oat flourbread (15%) and mixed grain bread. Breads according to the formulations were subjected to the appropriate extraction process and then total phenolic contents (TPC) of obtained samples were tested with *Folin Ciocalteu* method and compared. When the TPC of the bread types compared, whole wheat bread showed the highest value (1865 mg GAE/mL) where as white bread had the lowest value (406 mg GAE/mL).

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