

## The Truth about your Bread





27th April, 2009

## **Most bread 'not fit for vegetarians'**

**Most bread sold in shops is not fit for vegetarians because it is baked using animal products, food campaigners say.**

At least 90 per cent of loaves are made with additives which could include enzymes from the pancreas of pigs.



Most bread 'not fit for vegetarians'

These are used to speed up the baking process.

But because they are destroyed during cooking, bakers are not required to list them as ingredients, according to the Real Bread Campaign group.

These claims cast doubt on the vegetarian status of pre-packaged and in-store bakery bread, said Philip Lowery, director of the campaign, which represents local and organic bakers.

'This is a significant issue for vegetarians, vegans and Muslims, whom I believe would be outraged if they knew this was in their bread,' he added.

'We have written to the industrial bakers, asking them to voluntarily label their bread or stop using these additives, but have yet to get a reply.'

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Campaign organisers are offering the public warning stickers to put on bread and urging them to sign a petition against additive use.

The Federation of Bakers, which represents makers of leading brands such as Warburtons, Hovis and Kingsmill, said consumers need not worry.

'UK bakers have nothing to hide. All wrapped bread produced in the UK is clearly labelled and strictly adheres to EU legislation,' said director Gordon Polson.

### Your say:

- Yet another display of the moral confusion we have as a society. It's okay to love our cat's and dogs, but fine to kill other non-human animals, for the purposes of pleasure, taste or enjoyment. Or in this case a way to speed up the baking process. As long as animals are regarded as commodities, this type of thing will inevitably happen. The answer is simple, go Vegan. Richard Frost, Wolverhampton, 30/8/2009 12:23

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- I don't understand why bread has to have so many ingredients. I work at a vegan restaurant that bakes its own bread fresh everyday, and ya know what's in it? Flour, barley malt, yeast, water, and oats. And it's delicious. Finding vegan bread elsewhere is such a chore...most of the time I won't buy bread because I don't know the source of the mono- and diglycerides or the DATEM or because it has honey in it...just gotta make the stuff yourself and avoid all this nonsense! Ian, Middletown, CT USA, 30/8/2009 7:17

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- I call upon every Muslim & Vegetarian to boycott these breads so that they learn a lesson and don't cheat us in the future. Umair Latif, London, 30/5/2009 2:53

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- it's a total scandal, why not be upright honest about additives/procedures rather than hiding behind numbers and complex terms, i am a muslim and it is forbidden in the religion of islam to consume pig, had i known of the situation before i would have decided otherwise in purchasing this type bread, i am upset and feel let down by these companies who are just bent on making money without considering the values of the individual, had i the expertise i would take the matter to court as i see it as a form of deception Abdur-Rashid Ismail, london, 26/5/2009 23:21

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- I think this is way out of order. Surely bakers have always known about this and it is actually disgrace on the baking companies. I think this is humiliation to individuals' religious beliefs. Stake holders have a duty of care towards the public as well and human

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rights should not be disregarded in this case. Miss Dar, Luton, 26/5/2009 18:51

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- i was really upset to find out that bread contains such rubbish and bread being the staple food when the companies very well know some vegetarian rely on bread for everyday foods nearly 3 times a day. Knowing that I am eating rubbish and being a vegetarian this has made me go off bread permanently i am sure most of the vegetarians feel the same why do well known bread producing companies produce food which is not suitable for human consumption and making money out of us people who think they are putting good food in their bodies i am totally disgusted by these companies Rani, uk, 26/5/2009 15:13
  - i was really upset to find out that bread contains such rubbish and bread being the staple food when the companies very well know some vegetarian rely on bread for everyday foods nearly 3 times a day. Knowing that I am eating rubbish and being a vegetarian this has made me go off bread permanently i am sure most of the vegetarians feel the same why do well known bread producing companies produce food which is not suitable for human consumption and making money out of us people who think they are putting good food in their bodies i am totally disgusted by these companies Rani, uk, 26/5/2009 15:13
  - I only noticed recently that one type of bread from a certain manufacturer might say 'suitable for vegetarians' and another type of bread from the same manufacturer wouldn't. That was my first clue that there must be some type of animal product in some breads. Hovis granary wholegrain and granary original both say 'suitable for vegetarians and vegans' on the label. It's nice bread too and it's not expensive. I think if a label doesn't say 'suitable for vegetarians' then it probably isn't suitable. Food manufacturers wouldn't miss an opportunity to market their product to as many people as possible. Quorn Eater, Ireland, 21/5/2009 2:25
  - to 'outraged vegetarian' you're obviously NOT a proper vegetarian then are you? and mani singh not playing the religious card or should be ignored because this is a serious matter! this issue should be made more aware of as i know a lot of people have not read this and therefore are still misled by the wrong ingredients list on these packaged breads. it's a great shame that most food in the UK now is so chemically produced and not natural and then people wonder why long term illnesses are increasing, isn't it obvious? Amandeep Sehmbi, Birmingham, 20/5/2009 16:36
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- I think its absolute ridiculous that bread has to contain these enzymes from a pig not only that but it has taken them this long to find out that bread contain such products which are not suitable for the vegetarians. Misleading the customers about the product is very wrong to do so. Especially for some religions that eating is meat is wrong. I'm very disgusted in this and absolutely fuming that the bread packaging does not even warn or tell us about the "REAL INGREDIANTS" that are put in these breads. Most food already contains meat. With the little choice that vegetarians already have, this makes us more aware of the food we eat now. You don't have to put this "RUBBISH" in everything that is made. Mani B, London, 7/5/2009 19:35
- I think its absolute ridiculous that bread has to contain these enzymes from a pig not only that but it has taken them this long to find out that bread contain such products which are not suitable for the vegetarians. Misleading the customers about the product is very wrong to do so. Especially for some religions that eating is meat is wrong. I'm very disgusted in this and absolutely fuming that the bread packaging does not even warn or tell us about the "REAL INGREDIANTS" that are put in these breads. Most food already contains meat. With the little choice that vegetarians already have, this now makes us even more aware of the food we eat. You don't have to put this "SHIT" in everything that is made. Mani B, London, 7/5/2009 19:28
- I'm vegetarian and I am outraged that someone speaks on my behalf and says I would be outraged by some enzymes. The guy is playing the religion card in order to bash sliced bred bakers. The only thing to do is ignore him. Outraged Vegetarian, Sheffield, 28/4/2009 7:21
- If they don't like it don't eat it. If you ban all foods the people do not like or are sensitive too we would starve. Eat meat don't be a twiggy. Jrossharwood, Reno, nv usa, 27/4/2009 23:55
- I am glad that you informed me concerning the sneaky process of the dead in bread. No more dead in bread, Will ever buy store self bread again. Countrytime, U.S.A., 27/4/2009 21:33

<http://www.metro.co.uk/news/636820-most-bread-not-fit-for-vegetarians>



All products approved by the Vegetarian Society are:

- Are free from animal flesh (meat, fowl and fish or shell fish) or any ingredient resulting from slaughter.
- Contain only free range eggs (where eggs are used)
- Are GMO Free
- Are cruelty free – no testing on animals
- No cross contamination during the production process

## Is your bread veggie?



Press stories highlighting the use of additives in bread making have suggested that "most bread sold in shops is not fit for vegetarians". The Vegetarian Society is aware that enzymes sourced from pigs are sold for commercial baking but has always understood that their use is relatively rare. We have previously been assured that brands labelled "suitable for vegetarians" conform with the Food Standards Agency's Guidelines (agreed after consultation with the Vegetarian Society) meaning that no ingredients or processing aids of slaughtered-animal origin are included

or used.

Vegetarians, along with any consumer who cares about the provenance of their food and drink, have the right to know what they are eating. Clear, informative labelling is essential and the Vegetarian Society would like to see all ingredients and processing aids listed, with their origin clearly marked. In the meantime we are investigating the claims made by the Real Bread Campaign and will publish more information here as soon as possible.

### **UPDATE: 1 June 2009**

To date, we have been assured by the relevant manufacturers that none of the following brands of bread use non-vegetarian ingredients or processing aids:

**Allinson, Asda, Burgen, Co-op, Hovis, Kingsmill, Sainsbury's, Sunblest, Tesco own label, Waitrose, Warburtons.**

The following companies have numerous bread/bread products listed in the Vegan Society's 'Animal-Free Shopper' (8th Edition, 2008); **Aldi, Budgens, Marks & Spencer, Somerfield, Spar**

For Vegetarian Society Approved bread products, which have been independently verified to assure that they meet our strict criteria, search on [www.seedlingshowcase.com](http://www.seedlingshowcase.com).

*There are a few companies that comply with the Vegetarian Society's their strict criteria (mentioned above). **One of them is Warburton.***



*Taken from spring 2010 Vegsoc approved.com magazine*

Full magazine can be seen here: [http://www.seedlingshowcase.com/corporate/images/pics/vsa\\_7.pdf](http://www.seedlingshowcase.com/corporate/images/pics/vsa_7.pdf)

<http://www.vegsoc.org/news/2009/bread.html>

<http://www.seedlingshowcase.com/corporate08/category.asp?id=Food+-+Bread+Products&order=prod&dir=ASC&list=&offset=10>

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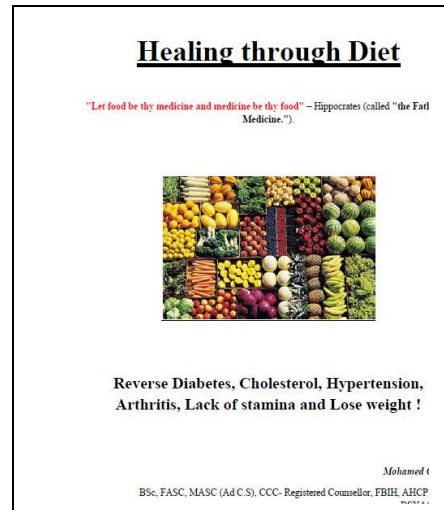
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