Do you ever WONDER about bread?

Fun facts about bread:

- Wonder Bread was named when Elmer Cline was awestruck by a sky filled with hundreds of colorful balloons. To him, the image signified a sense of “wonder,” and Wonder® Bread was born. (1921)
- Bread is probably the one food eaten by people of every race, culture and religion.
- It takes 9 seconds for a combine to harvest enough wheat to make about 70 loaves of bread.
- The "pocket" in pita bread is made by steam. The steam puffs up the dough and, as the bread cools and flattens, a pocket is left in the middle.
- Each American consumes, on average, 53 pounds of bread per year.
- An average slice of packaged bread contains only 1 gram of fat and 75 to 80 calories.
- Assuming a sandwich was eaten for breakfast, lunch, and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.
- A family of four could live 10 years off the bread produced by one acre of wheat.
- One bushel of wheat will produce 73 one-pound loaves of bread.
- Early Egyptian writings urged mothers to send their children to school with plenty of bread and beer for their lunch.
- Breaking bread is a universal sign of peace.
- Bread is closely tied to religious expression and communion.
- In 1997, Kansas wheat farmers produced enough wheat to make 36.5 billion loaves of bread, or enough to provide each person on earth with 6 loaves of bread.
- Farmers receive approximately 5 cents (or less) from each loaf of bread sold.
- Napoleon gave a common bread its name when he demanded a loaf of dark rye bread for his horse during the Prussian campaign. "Pain pour Nicole," he ordered, which meant "Bread for Nicole," his horse. To Germanic ears, the request sounded like "pumpernickel," which is the term we still use today.
- In Britain, the ceremony of First Footing is traditionally observed in the early hours of New Year's Day. A piece of bread is left outside a door, with a piece of coal and a silver coin, and is supposed to bring you food, warmth and riches in the year ahead.
- One bread superstition is that if you put a piece of bread in a baby's cradle, it will keep away disease.
- The fastest "bun" in the West goes to a team of bakers from Wheat Montana Farms and Bakery who reclaimed the Guinness World Record in 1995. They harvested and milled wheat from the field and then mixed, scaled, shaped and baked a loaf in exactly eight minutes, 13 seconds.
- Murphy's Law dictates that buttered bread will always land buttered-side down.
- Bread is inexpensive. At an average cost of about $2 a loaf, bread is a strong nutrition value for the dollar.
- Scandinavian traditions hold that if a boy and girl eat from the same loaf, they are bound to fall in love.
- In Russia, bread (and salt) are symbols of welcome.
- Superstition says it is bad luck to turn a loaf of bread upside down or cut an unbaked loaf.
- Legend has it that whoever eats the last piece of bread has to kiss the cook.
- 3,000,000 Cases of pellagra, a nutrient deficiency disease, recorded before the enrichment of grain foods in the 1940s. Today, cases are nearly nonexistent in the United States.
- 2,357 Number of feet the longest loaf of bread measured on record in the U.S
- 1,500 Number of peanut butter & jelly sandwiches the average American student will have consumed upon graduation from high school. (Source: Great Food Almanac)
• 925.5 Million pounds of snack crackers sold in 1997. (Source: Snack Food Association)
• 193 Number of sandwiches the average American eats a year, with ham sandwiches as the all-time favorite. (Source: NPD Group)
• 178 Number of days it would take to eat the amount of bread produced from one bushel of wheat (assuming a sandwich is eaten for breakfast, lunch and dinner).
• 84 Percentage of Americans who correctly agree that grain foods provide energy. (Source: Gallup)
• 67 Number of one-pound loaves of white bread made by one bushel of wheat.
• 60 Number of pounds an average bushel of wheat weighs.
• 60 Percentage of global consumers who have consumed bread in the previous 24 hours. (Source: Roper Starch Worldwide)
• 53 Number of pounds of bread the average American consumes.
• 45 Percentage of Americans who mistakenly believe that bread is fattening. (Source: Gallup)
• 15 Average grams of fiber consumed by Americans daily: about 10 grams short of the recommended 25-30 grams. (Source: U.S. Department of Agriculture 1994-98 Continuing Survey of Food Intakes by Individuals.)
• 14 Percent of total fiber intake yeast bread contributes to children’s diet. White bread supplies about half of that percentage.
• 9 Number of seconds it takes a combine to harvest enough wheat to make about 70 loaves of bread.
• 0 Number of studies published by Robert Atkins, M.D., (Atkins’ New Diet Revolution); Michael Eades, M.D. and Mary Eades, M.D. (Protein Power); Barry Sears, Ph.D. (The Zone) or Richard Heller, Ph.D. and Rachael Heller, Ph.D. (The Carbohydrate Addict’s Diet) that shows high-protein, low-carbohydrate diets are safe and effective.
• It takes 9 seconds for a combine to harvest enough wheat to make about 70 loaves of bread.
• Each American consumes, on average, 53 pounds of bread per year.
• An average slice of packaged bread contains only 1 gram of fat and 75 to 80 calories.
• Early Egyptian writings urged mothers to send their children to school with plenty of bread and beer for their lunch.
• Bakers used to be fined if their loaves were under weight, so they used to add an extra loaf to every dozen, just in case -- hence, the expression “baker’s dozen”
• Americans eat approximately 100 acres of pizza each day, or 350 slices per second.
• Hushpuppies are pieces of fried cornmeal batter which are a great southern tradition. Years ago, pieces of the fried batter were fed to hungry dogs that begged for food. After the scraps were given to the dogs, the owner would say “Now hush, puppy.”
• Fortune cookies are not a Chinese invention. They were invented in 1916 by George Jung, a Los Angeles noodle maker.
• The first breakfast cereal ever produced was Shredded Wheat.
• Sliced bread was introduced under the Wonder Bread label in 1930.
• The sandwich is named for the Fourth Earl of Sandwich (1718-92), for whom sandwiches were made so that he could stay at the gambling table without interruptions for meals.
• Superstition says it is bad luck to turn a loaf upside down or cut an unbaked loaf.
• Legend has it that whoever cuts a loaf of bread has to kiss the cook.
• For a Middle Eastern, a meal without bread is unthinkable
• In 1912, Austenite A. S. Newburg baked the world’s biggest loaf of bread: 162 pounds heavy, 10 feet long, 18 inches wide by 18 inches high. The loaf took one hour to bake and could supply 162 families for one day or one family for 162 days. Newburg had previously baked two other world’s largest breads.