

# SYNOPSIS



## How Healthy is our Bread?

### Wie gesund ist unser Brot?

More and more people are suffering from wheat and gluten intolerance. Wheat protein was long considered to be the cause of this scourge, and today gluten free products are on all the supermarket shelves. However, there is now increasing suspicion that it is not wheat but how it is processed that makes bread a potentially unhealthy food. Industrial processes simply do not give bread enough time to mature. More and more bakeries are reacting to this by introducing former production methods and ingredients such as champagne rye, emmer or in vogue chia seeds. Bread is baked according to old recipes, sometimes using home grown and home milled grains.

**Year:** 2018

**Run-Time:** 1 x 52 min.

**Directed by** Anita Lackenberger

**Written by** Anita Lackenberger

**A co-production by ORF/3sat and Produktion West**

Available worldwide

**Languages:** German (ORIGINAL) , English (VOICE-OVER)

**Format:** 16:9

**HD**

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