Some research suggests that eating white bread may increase the risk of obesity, while wholegrain bread might be better for weight maintenance.

- Independent.co.uk: Eat wholegrain – white bread makes you fat, warns study
- UniversityHerald.com: Eating More Than Three Slices Of White Bread May Increase Obesity Risk
- Telegraph.co.uk: Three slices of white bread a day linked to obesity
- TheTimes.co.uk: White bread ‘is like a bomb of sugar’
- DailyDigestNews.com: White bread doesn’t keep obesity away
- LongevityLive.com: How white bread makes you gain weight
- NYPost.com: White bread is a ‘bomb of sugar’ that can make you fat
- NBCNews.com: Does white bread make you soft and round?
- CBSNews.com: Headlines at 8:30: Study links bread to obesity
- DailyDigestNews.com: White bread doesn’t keep obesity away
- RedOrbit.com: Eating White Bread Instead Of Whole Grain May Increase Obesity Risk
- HNGN.com: White Bread Makes You Fat? Three Slices A Day Could Raise Risk Of Obesity By 40 Percent