

Whole Wheat vs White Bread (vsdiff.com)

Aspect	Whole wheat	White bread (refined)
Primary composition	Bran + germ + endosperm	Mostly endosperm
Dietary fiber (per slice)	Approximately 2-4 g	Approximately 0.5-1.5 g
Glycemic response (approx. GI)	~50-70 (varies)	~70-85 (varies)
Micronutrients	Higher natural vitamins & minerals	Often <i>enriched</i> with folic acid, iron, B-vitamins
Shelf life	Shorter (weeks to ~2 months)	Longer (several months)
Typical texture & use	Denser, nuttier flavor	Softer crumb, neutral flavor

Source: <https://vsdiff.com/whole-wheat-vs-white-bread/>