



Keto followers all over Australia are loving the fact that they can eat bread and pasta again! Herman Brot's range of low carb, high protein bread and pasta are an ideal for inclusion in ketogenic diet plans. Generally keto dieters only eat around 20g of carbohydrates a day (some less) and most people miss being able to eat bread and pasta. Herman Brot Lower Carb Bread delivers only 5g of carbohydrates per serve (2 slices). Herman Brot Lower Carb Pasta also has only 5g of carbohydrates per 100g. As well as being so low in carb, both products are loaded with protein and good fats which are exactly what Keto diets are all about. All Herman Brot products are suitable for vegan and vegetarian's and are also low GI, making them a good choice for people with Type 2 diabetes. "Feedback from the keto community has been terrific with most saying they are delighted to be eating bread and pasta again. "Diets work differently for everyone and yes Keto is one of the diets of choice at the moment, but for many people a low carb, high protein diet works really well," said Herman Brot owner Christian Coenen. "At Herman Brot, all our products (including future products currently in development) will all come under the low carb, high protein and low GI banner because we believe we can help so many people with different dietary needs, meet their daily requirements with this combination of macros. Herman Brot products are available at Independent Supermarkets and health food stores nationally and also available to order online via Herman Direct. For more information on each product and to order online visit www.hermanbrot.com.au. + PRODUCT SAMPLING FOR REVIEW AVAILABLE ON REQUEST +

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