

WAS ESSEN DIE DEUTSCHEN?

HOW GERMANY'S MARVELOUS BREAD HELPED ME OVERCOME FOOD ANXIETY

But he says cutting out bread isn't healthy. "Everyone should eat bread every day, including some wholegrain bread," he says. "A hundred years ago people ate twice as much bread without being bigger than nowadays."

For me, things changed when I left a city and job that made me unhappy and decided to take the plunge and move abroad. Perhaps shedding off the worries I'd built up led me to also ease up on my food anxieties and accept the German love of bread.

I've never looked back and I hope the popularity of bread in Germany continues. Eating Laugenstangen without guilt may be a small step for bread-kind, but it's a giant leap for me.

