I. Introduction

The consumption of bread stuffs varies widely throughout the world. The U.S. Department of Agriculture survey showed that the bread and grain products are important part of the diet in the united states.

By way of comparison, the total contribution of cereals and cereal based products to the intake of calories in the United Kingdom was 30.3% of this, bread and flour represented 18.8%. Also cereals provided 28.2% of the total protein consumption, of which 21.7% came from bread and flour.

In Egypt, bread comprizing up to 72% of the total calories and 70% of the total protein in the diet. Among the poor classes about 90% of the total calories are derived from bread and cereals.

Diets high in fiber content may protect against the development of several irregular conditions. Consumption of as much as 10 tablespoons of bran per day, in addition to the regular diet has been recommended. Such large intakes may cause diarrhea and other digestive problems.

In Egypt shorts or fine bran are the only source used in the manufacture of high fiber bread. Until now a considerable amount of evidence indicates that dietery fiber is associated with malbsorption of calcium, iron, and zinc, which has been attributed to phytate and / or fiber in the bran.

The aim of the present work was to use corn cobs or carrot roots powders as a source of dietary fibers through mixing with wheat flour (72%) at different ratios. The chemical, rheological and organoleptic properties of balady and toast bread of the products were studied. Also, ascorbic acid (100 ppm) was used as dough improver and the results were discussed in details.