Quality of bread depends mostly on quality of consumed flour. Among the different characteristics of flour, its gluten content has an important role on bread. Salt is added to flat bread by bakers to overcome defects due to poor gluten network. Adverse effects of high salt diets on human health are clear. In this research we measured dry matter and gluten content of flour which is used in bakeries as well as dry matter and salt content of a type of flat bread called Lavash. Analysis took place on randomly selected samples. Flour and bread samples of each bakery were packed separately in air tight poly propylene bags. Samples were carried to laboratory to measure mentioned characteristics. Results indicated that different kinds of flour with expand range of gluten content has been used by bakers. The wet gluten content of samples was between 34.667 to 45.667%, the average amount of wet gluten content of samples was 39.667% with 3.614 variations. Dry matter content of flour samples was even and in range of 88.738%. Salt content of bread was determined by titration method by AgNO₃; amount of added salt to bread was 0.866 to 2.998 g/100 g bread dry matter. According to obtained results amount of added salt is increased by decreasing flour gluten content. As consuming high salt amount by human leads to health problems it is suggested that adding salt to bread by bakeries should be under control and using high gluten content flour could solve this problem.