Whole Grain White Bread

INGREDIENTS: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, FIBER BLEND (OAT FIBER, SUGARCANE FIBER, CALCIUM SULFATE, INULIN, OAT FLOUR, FERROUS FUMARATE, VITAMIN D3, FOLIC ACID), YEAST, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE OIL (CANOLA AND/OR SOY), SALT, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY FLOUR.

Whole Grain Rich?  Yes:
No:
Need more
Info:

Nutrition Facts
Servings Size: 2 Slices 61g
Amount Per Serving
Calories 140
Calories from Fat 13.5
% Daily Value
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 270mg 11%
Total Carbohydrate 26g 8%
Dietary Fiber 5g 20%
Sugars 4g

Protein 6g 12%

Vitamin A 0%
Vitamin C 0%
Calcium 30%
Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Oz Equivalent?
61 grams = 2 oz eq
2 slices = 2 oz eq
1 slice = 1 oz eq

Great Seed Bread

INGREDIENTS: ORGANIC WHOLE GRAINS (ORGANIC WHOLE CRACKED WHEAT, ORGANIC WHOLE WHEAT FLOUR), FILTERED WATER, ORGANIC ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), ORGANIC GRAIN AND SEED BLEND (ORGANIC WHOLE BROWN FLAX SEED, ORGANIC SUNFLOWER SEED KERNELS, ORGANIC SESAME SEEDS, ORGANIC BLACK SESAME SEEDS, ORGANIC BLUE POPPY SEEDS, ORGANIC QUINOA, ORGANIC RED QUINOA, ORGANIC BLACK QUINOA), ORGANIC DRIED CANE SYRUP, ORGANIC VITAL WHEAT GLUTEN, YEAST, ORGANIC AGAVE NECTAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ORGANIC SUNFLOWER SEEDS, ORGANIC PUMPKIN SEEDS, ORGANIC WHOLE GRAIN STEEL CUT OATS, ORGANIC OAT FIBER, SEA SALT, ORGANIC SOYBEAN OIL, ORGANIC CULTURED WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID.

Whole Grain Rich?  Yes:
No:
Need more
Info:

Nutrition Facts
Servings Size: 1 Slice 43g
Amount Per Serving
Calories 110
Calories from Fat 22.5
% Daily Value
Total Fat 2.5g 4%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carbohydrate 19g 6%
Dietary Fiber 3g 12%
Sugars 5g

Protein 5g 10%

Vitamin A 0%
Vitamin C 0%
Calcium 2%
Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Wheat Crackers

Ingredients

WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (TURMERIC OLEORESIN, ANNOTTO EXTRACT). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS. CONTAINS WHEAT.

Whole Grain Rich? Yes: Group A
Oz Equivalent?
31 gms = 1¼ oz eq
16 crackers = 1¼ oz eq
8 crackers = ¾ oz eq

Tortillas

Ingredients: Corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), guar gum, amylase.

Whole Grain Rich? No: Group B
Oz Equivalent?
Corn masa flour is NOT a whole grain
47 grams = 1¼ oz eq
2 tortillas = 1 ½ oz eq
1 tortilla = ¾ oz eq

Nutrition Facts

Serving Size: 2 tortillas (47 g)

Amount Per Serving

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>160</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5 g</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>0 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
<td>0 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>20 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td>0%</td>
</tr>
</tbody>
</table>
# Graham Crackers

## Ingredients

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR. CONTAINS WHEAT, SOY.

<table>
<thead>
<tr>
<th>Whole Grain Rich?</th>
<th>Oz Equivalent?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>31 grams = 1 oz eq</td>
</tr>
</tbody>
</table>

- **Need more Info:** Grain based dessert – Can serve but NOT COUNT

## Cereal

### Ingredients:

Rice, Sugar, Hydrogenated Vegetable Oil (Coconut And Palm Kernel Oils), Salt, Contains Less Than 0.5% Of Natural And Artificial Flavor, Red 40, Yellow 6, Turmeric Oleoresin (Color), Blue 1, Yellow 5, Blue 2, Bha (To Help Protect Flavor).

### Vitamins and Minerals

Sodium Ascorbate (Source Of Vitamin C), Ascorbic Acid (Vitamin C), Niacinamide, Reduced Iron, Zinc Oxide (Source Of Zinc), Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin B12, Vitamin D.

<table>
<thead>
<tr>
<th>Whole Grain Rich?</th>
<th>Oz Equivalent?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>27 grams = .95 oz eq</td>
</tr>
</tbody>
</table>

- **Need more Info:** Not creditable - Sugar exceeds allowed limit

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### Nutrition Facts

#### Serving Size: ¾ cup (27 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td>Sat. Fat 1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>Trans Fat 0 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>140 mg</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>23 g</td>
<td>Dietary Fiber 0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>14 g</td>
<td>Sugars 9 g</td>
</tr>
</tbody>
</table>

- **Percentage of Daily Value:**
  - **Vitamin A:** 15%
  - **Calcium:** 0%
  - **Vitamin C:** 10%
## Banana Bread

### Ingredients

- 2 ½ cups flour
- 1 cup whole wheat flour
- 2 tsp baking soda
- 1 cups sugar
- ½ cup vegetable oil
- 2 eggs
- 2 cups mashed ripe bananas
- 1 tsp vanilla extract

### Whole Grain Rich? Oz Equivalent?

<table>
<thead>
<tr>
<th>Yes:</th>
<th>White flour 2.5 cups x 125 = 312.5 gms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WW flour 1 cup x 120 = 120 gms</td>
</tr>
<tr>
<td></td>
<td>Total = 432.5 gms</td>
</tr>
<tr>
<td>No:</td>
<td>432.5gms / 32 servings = 13.5 gms/serving</td>
</tr>
<tr>
<td></td>
<td>13.5 / 16 = .84 oz eq (round down)</td>
</tr>
<tr>
<td></td>
<td>A slice = .75 oz eq</td>
</tr>
</tbody>
</table>

#### Serving size: 1 slice
#### Servings per recipe = 32

*Use Worksheet for Calculating Grains Contribution from a Recipe*